

# Group Fitness Classes

February 20th– April 8

Must be 15 years old to attend  
See reverse for descriptions and prices



## Land Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Indoor Cycling</b> 5:15-6:00am (Jeff)		<b>Indoor Cycling</b> 5:15-6:00am (Kristi)		<b>Indoor Cycling</b> 5:15-6:00am (Kristi)	
	<b>Zumba</b> 5:30-6:30am (Sherry)	<b>Turbo Kick</b> 5:30-6:30am (Sherry)	<b>Zumba</b> 5:30-6:30am (Sherry)		
<b>Back to Basics</b> 5:45-6:15am (Peggy)		<b>Back to Basics</b> 5:45-6:15am (Peggy)		<b>Back to Basics</b> 5:45-6:15am (Peggy)	
					<b>Cardio Combo</b> 8:55-9:55am (Kristen)
<b>Boot Camp</b> 8:50-10:00am (Daci)	<b>Circuit Training</b> 9:00-10:00am (Niki)	<b>Boot Camp</b> 9:00-10:00am (Kaitlin)	<b>Burn and Tone</b> 9:00-10:05am (Daci)	<b>Yogalates</b> 9:00-10:00am (Kaitlin)	<b>Indoor Cycling</b> 10:00-11:00am (Daci)
		<b>Indoor Cycling</b> 9:30-10:30am (Susie)	<b>Indoor Cycling</b> 10:15-10:45am (Daci)	<b>Cycle Strength</b> 9:30-10:45am (Daci)	<b>TaeKwonDo</b> Comm. Ed. 10:00-1:00pm
<b>Silver Sneakers</b> 10:15-11:00am	<b>Silver Sneakers</b> 10:15-11:00am	<b>Silver Sneakers YogaStretch</b> 10:15-11:00am	<b>Silver Sneakers</b> 10:15-11:00am		
<b>Indoor Cycling</b> 12:15-1:00pm (Kaitlin)	<b>Cardio Strength Training</b> 12:15-1:00pm (Susie)	<b>Indoor Cycling</b> 12:15-1:00pm (Kaitlin)	<b>Cardio Strength Training</b> 12:15-1:00pm (Susie)	<b>Indoor Cycling</b> 12:15-1:00pm (Susie)	
	<b>Perpetual Motion</b> 4:15-5:15pm (Kathy)		<b>Perpetual Motion</b> 4:15-5:15pm (Kathy)		
<b>Indoor Cycling</b> 5:30-6:30pm (Greg)	<b>Perpetual Motion</b> 5:30-6:30pm (Kathy)	<b>Indoor Cycling</b> 5:30-6:30pm (Greg)	<b>Perpetual Motion</b> 5:30-6:30pm (Kathy)		
<b>Cardio Combo</b> 5:45-6:45pm (Kristen)		<b>Cardio Strength Training</b> 5:45-6:45pm (Jeff)			
	<b>TaeKwonDo</b> Comm. Ed. 6:45-9:00pm	<b>Yoga</b> 6:50-7:50pm (Amber)			

## Water Classes

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Swimnastics</b> 8:30-9:15am (Vi & Pat)		<b>Swimnastics</b> 8:30-9:15am (Vi & Pat)		<b>Swimnastics</b> 8:30-9:15am (Vi & Pat)
	<b>Deep Water Workout</b> 9:00-10:00am (Angie)		<b>Deep Water Workout</b> 9:00-10:00am (Angie)	
<b>Joints in Motion</b> 1:00-1:45pm (Carole)	<b>Joints in Motion</b> 1:00-1:45pm (Carole)	<b>Joints in Motion</b> 1:00-1:45pm (Carole)	<b>Joints in Motion</b> 1:00-1:45pm (Carole)	<b>Joints in Motion</b> 1:00-1:45pm (Carole)
	<b>Deep Water Workout</b> 5:30-6:20pm (Marcia)		<b>Deep Water Workout</b> 5:30-6:20pm (Marcia)	
	<b>Joints in Motion</b> 6:30-7:15pm (Lynn)		<b>Joints in Motion</b> 6:30-7:15pm (Lynn)	

# Class Descriptions

## Back to Basics

Includes walking, running, and calisthenics. All levels.

## Boot Camp

Improve cardiovascular health, muscular strength and endurance, and flexibility with a variety of exercises in this high energy class.

## Burn and Tone

Burn it off with 45-50 minute of high-energy cardio (step/kickboxing/high-lo) and standing lower body exercises. Then tone it up with pilates-style floorwork and yoga stretch.

## Cardio Combo

This workout is very time efficient and will shift your energy system from fat burning to anaerobic and push your body to a new level of conditioning.

## Cardio Strength Training

This class focuses on functional strength and heart health. Using dumbbells and your own body weight, you'll perform a variety of exercises that will make you leaner and stronger.

## Circuit Training

This advanced/intermediate workout alternates circuits of high energy cardio with total body weight training. Come ready to sweat! Modifications shown for newer exercisers.

## Cycle Strength

Experience a total body workout that combines cycling with a variety of strength and power movements off the bike.  
Member fee: \$10

## Deep Water Workout

Because the class is done in the deep water, zero impact is experienced by the joints. Intermediate and advanced levels. No swimming experience needed, a float belt is worn.

## Indoor Cycling

Your instructor will simulate a group ride as you travel on flat roads, climb hills, chase the pack, or race to the finish line! All levels welcome.  
Member fee: 1day/\$10, 2day/\$20, 3day/\$30

## Joints in Motion

This water exercise class is for any age male or female that experiences mobility issues such as arthritis, MS, or injuries. The low impact movements and range of motion exercises will keep your body healthy and your joints moving. (Formerly known as Rusty Hinges.)

## Perpetual Motion

per-pet-u-al; adjective. Continuing or enduring forever; everlasting. This class alternates between 10 minutes of cycling and 10 minutes of strength training off the bike. A great total body strength and cardio workout that will leave you asking for more!  
Member fee: 1day/\$10, 2day/\$20

## SilverSneakers

A 45 minute workout for basic muscle strength, flexibility and range of motion.  
Non-Member: \$5 per class time.

## SilverSneakers YogaStretch

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.  
Non-Member: \$5 per class time.

## Swimnastics

Enjoy a refreshing workout as you tone and strengthen muscles and increase flexibility. This shallow water class enables you to exercise with less strain and impacts on joints.

## Turbo Kick

A high energy cardio class utilizing the techniques found in boxing and martial arts. Class also includes a TaiChi cool down.

## Yoga

Tighten and tone the body, enhance balance, improve flexibility and build core strength through different yoga poses and focused breathing. This mind-body workout improves health, athletic performance and mental acuity in people of all ages and fitness levels!

## Yogalates

A fusion of different movements from Yoga & Pilates that focuses on strength and balance.

## Zumba

A high energy cardio class that utilizes Latin music and dance to energize and strengthen your entire body.

Classes are free for members unless noted.

Non-Members are welcome to take fitness classes on a per session basis. They will be issued a "Class Only" card to be presented at the Front Desk.

Sorry, there are no make-ups or refunds for missed classes.

<u>Non-Member</u>
<u>30 min classes</u>
1 day/week \$10
2 day/week \$20
3 day/week \$30

<u>Non-Member</u>
<u>45-75min classes</u>
1 day/week \$20
2 day/week \$40
3 day/week \$60