

GROUP FITNESS CLASSES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|--|
| TOTAL BODY 8:00 - 9:15 AM Gym | CRANK IT UP FITNESS 8:00 - 9:00 AM Gym | TOTAL BODY 8:00 - 9:15 AM Gym | CRANK IT UP FITNESS 8:00 - 9:00 AM Gym | CRANK IT UP FITNESS 8:00 - 9:15 AM Gym | EXTRA, EXTRA 8:30 - 10:00 AM Aerobics Studio |
| YOGA HEALTH & VITALITY 9:30 - 10:30 AM Aerobics Studio | SENIOR MODIFIED FITNESS 8:30 - 9:30 AM Aerobics Studio | YOGA HEALTH & VITALITY 9:30 - 10:45 AM Aerobics Studio | SENIOR MODIFIED FITNESS 8:30 - 9:30 AM Aerobics Studio | YOGA HEALTH & VITALITY 9:30 - 10:45 AM Aerobics Studio | SUNDAY |
| BALANCE 10:45 - 11:45 AM Aerobics Studio | SENIOR MODIFIED FITNESS 9:30 - 10:30 AM Aerobics Studio | POWER LUNCH YOGA 12:00 - 1:00 PM Aerobics Studio | SENIOR MODIFIED FITNESS 9:30 - 10:30 AM Aerobics Studio | | BOXING CARDIO 1:15 - 2:15 PM Gym |
| POWER LUNCH YOGA 12:00 - 1:00 PM Aerobics Studio | INDOOR CYCLING 11:45 - 12:45 PM Aerobics Studio | | INDOOR CYCLING 11:45 - 12:45 PM Aerobics Studio | | |
| BOXING CARDIO 12:00 - 1:00 PM Gym | CORE VINYASA YOGA 6:00 - 7:00 PM Aerobics Studio | | CORE VINYASA YOGA 6:00 - 7:00 PM Aerobics Studio | | |

Pricing

- Punch Pass
 - \$75 for 3 months of unlimited classes
 - \$40 for 15 classes
- \$4 drop in fee to take one class

50% discount will be applied to anyone over the age of 50

Class Locations

Free Zone #2 (1st floor) : Circuit Training with TRX

Basketball Gym: Boxing Cardio

All other fitness classes take place in the Aerobics Studio located on the second floor



Boxing Cardio

Boxing circuits are set up to offer participants a variety of exercises and easy-to-follow boxing drills. This 60-minute class will give you a great cardio and strength workout. Begin with 15-minute calisthenics warming up with calisthenics. Once your heart is pumping you will be training to 3-minute rounds that include basic boxing combinations following a 1-minute active rest. The last 15- minutes is a wrap up of exercises focusing on your core and floor work to help you cool down.

Yoga Health & Vitality

A fun, eclectic yoga practice designed to rejuvenate the body, quiet the mind, and cool the emotions. Increase strength, flexibility and vitality, while reducing stress, tension and anxiety. Emphasis is on alignment and safety. No yoga experience necessary. All ages welcome. Bring yoga mat

Extra, Extra

If you are looking for a class to even out your workout schedule, Extra, Extra is perfect for you. Join us for a Saturday morning full of muscle toning and heart racing interval training.

Power Lunch Yoga

Power Vinyasa Yoga is the ultimate exercise for your body, mind, and mood. This class is about strengthening muscles, improving balance, practicing breathing techniques, deep stretch, and final relaxation. Expect to develop stronger muscles; increase your respiratory endurance; improve balance, flexibility, and mood. Everyone is welcome. You don't need to be in good shape; you will develop form, strength, balance, and confidence in your body.

Senior Modified Fitness

Have you been thinking about getting fit, but aren't sure how? Has your doctor suggested weight training or strength training? Meet some new friends and get fit together safely with great instruction. The class is designed for ages 50 and older.

Balance Class

Have you been thinking about working on your balance, but aren't sure how? Has your doctor suggested strength training for balance? This class is designed to work on balance issues or to be more proactive. The exercises will focus on lower body, core, and ankles.

Indoor Cycling

This cycling class is great for a low-impact, high intensity cardio workout. All levels of fitness are welcome. If you're new to indoor cycling, we invite you to come early so your instructor can give you some pointers.

Total Body

You won't get bored during this Total Body Workout! Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes will take place in the aerobics studio and around the track. Total Body is a perfect way to add a little variety to your workout routine.

Core Vinyasa Yoga

This dynamic class will improve your strength, flexibility, muscle tone and balance. Harmonize the energy within to restore vitality, rejuvenate the nervous system, reverse the effects of aging and quiet the mind.

Crank It Up Fitness

Looking for a fun way exercise? All fitness levels are invited to join Crank It Up Fitness. This class includes every-thing: cardio, weights, core training and a relaxing stretch. Come and join the fun! Class includes intervals combined with active recovery designed to train the body for im-proved performance and calorie burning. This format offers the perfect blend of speed, quickness, and agility drills.