

GROUP FITNESS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM-9:45AM DANCE WALKING DONNA	7:30AM-8:30AM PILATES BARB	9:00AM-9:45AM PERFECTLY POLISHED DONNA	7:30AM-8:30AM PILATES BARB	9:00AM-9:45AM PERFECTLY POLISHED DONNA	No classes at this time
10:00AM-10:45AM SHALLOW AQUAFIT DONNA	8:30AM-9:15AM CARDIO BLAST BARB	10:00AM-11:00AM SHALLOW AQUAFIT DONNA	8:30AM-9:15AM CARDIO BLAST BARB	10:00AM-10:45AM SHALLOW AQUAFIT DONNA	SUNDAY 11:30AM-12:15PM TABATA ANNIE
11:00AM-11:45AM AQUA ARTHRITIS DONNA	10:00AM-10:45AM DEEP AQUAFIT DONNA	11:00AM-11:45AM AQUA ARTHRITIS DONNA	10:00AM-10:45AM DEEP AQUAFIT DONNA	11:00AM-11:45AM AQUA ARTHRITIS DONNA	
	5:15PM-6:00PM TBG ANNIE	5:15PM-6:00PM BOOT CAMP ANNIE	5:15PM-6:00PM TABATA ANNIE		
		6:15PM-7:15PM YOGA JULIA			

PUNCH CARDS

\$45/MEMBER
\$75/NON-MEMBERS

DROP—IN CLASS FEES

\$5/MEMBER
\$8/NON-MEMBERS

Class descriptions are on the other side





GROUP FITNESS CLASS DESCRIPTION

CARDIO

CARDIO BLAST— this is a total body stretching, toning, and cardio class designed to improve your overall flexibility and build muscle strength.

CARDIO KICKBOXING— This class is a combination of cardio, boxing, and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.

MIND & BODY

PILATES- Inhale and exhale during this class to improve your core strength, flexibility, and agility. Beginners are welcome!

YOGA- vinyasa-style yoga class filled with strength, fluidity and intention. Each session will weave together Sun Salutations, an invigorating standing series, one-and two-foot balances, and various seated and supine poses all with a focus on building alignment, flexibility and awareness. The class is open to vinyasa newcomers and experienced practitioners alike .

STRENGTH

PERFECTLY POLISHED - This is a non-impact sculpting class that will help you stay fit and active, while strengthening and toning your body. Using hand weights and other equipment to condition and tone for a total body workout. Benefits include bone health, tissue health and can help reduce the risk of injury throughout life.

TABATA—This high intensity training will be conducted in short interval cycles with small amount of rests. The workout is great for individuals training for performance activities.

TBG (THIGHS, BUTTS, AND GUTS) - Burn and firm with this 45 minute toning workout that incorporates small bursts of cardio this workout is amazingly varied, yet easy to follow

WATER

SHALLOW AQUAFIT - This is a FUN workout fit for everyone, especially for those with joint ailments or injuries. This low-impact, total body workout in the shallow end is designed to increase heart rate, range of motion, muscle strength, endurance, balance, coordination and more.

AQUA ARTHRITIS— This is a structured shallow water training exercise program built to change the perception SPLASH OF FUN! of aquatic fitness. Using unique building blocks of activity with a specific purpose, this class will take you through waves of muscle strength, HIIT, cardio, plyometrics and ALWAYS A