

# health & fitness

## Adult & High School Health & Fitness

Costs for Fitness Classes, unless otherwise listed Fitness Classes are 1 hour in length.

### Aerobics Classes - FREE to Full Members

Limited Member Price 1 X \$50 2 X \$70 3 X \$80

### 01128 Cardio/Tone

Get a great high energy aerobics workout for the first half of the class and be challenged with great strength/toning moves for the second half.

### 1118 Total Body Conditioning

Resistance training, utilizing weights, tubing, stability balls, and more. All levels are welcome.

### 1104 Power Step

This class is for Advanced levels only. This class is an intense 30-35 minutes of step. If you are looking for a high level class, this is the class for you.

### 1102 Step /Tone

Get a great step workout for the first half of the class and be challenged with great strength/toning moves for the second half.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength/Tone/Core 9:30 AM	Silver Sneakers 8:00 AM	Step/Cardio/Tone 9:00 AM	Silver Sneakers 8:00 AM	Total Body Cond. 9:00 AM	Power Step 8:00 AM
Cycling 9:30 AM	Gentle Strength 9:00 AM	Cardio Kickbox 10:00 AM	Gentle Strength/Cardio 9:00 AM	Cardio Kickbox 10:00 AM	
Cardio Kickbox 10:00 AM	Total Body Cond. 9:30 AM	Yoga 10:45 AM	Cycling 9:30 AM		
Yoga 10:45 AM			Total Body Cond. 9:30 AM		
	Cardio Kickbox 6:30 PM	Power Step 6:30 PM	Yoga 5:30 PM		
Step Circuit 6:30 PM		Cycling 6:30 PM	Total Body Cond. 6:30 pM		

### 01136 Cardio Kixbox (New)

Learn the basic moves and kick, jab and punch your way to a feat cardio workout. Great class for beginners to advanced.

### Active Older Adults (AOA)

Fitness Programs for the Active Older Adult or the Water Fitness Programs are also recommended for those just beginning a fitness regimen, recovering from a stroke or injury, or for those who are pregnant. Please see your personal physician if you fit into any of these categories.

## Personal Training - Full Member

Code	Program	Cost
2101-01	6 weeks	\$200
2101-02	12 - weeks	\$390

### 1117 Indoor Group Cycling

Indoor Group Cycling is a cardiovascular workout in a group environment that's free from traffic and weather. Ride on the flat land or hills; do sprints or leisure riding. It's a great program no matter what your fitness level is. Come ride with us!!!

### 1139 Silver Sneakers/Gentle Strength

Silver Sneaker is a non-impact class using a chair or standing up. This class is recommended for those just beginning a fitness program regimen, recovering from a stroke or injury. Please see your personal physician before starting this class. In this class you will use balls, hand weights, and bands.

### 1110 Yoga

Daily stress and tension can manifest in our bodies causing physical discomfort and mental exhaustion. This class is designed to quiet the mind, allowing you to seek clarity of thought, while building strength and self-awareness.

Full Member Price: 1x \$40, 2x \$50, 3x \$60

Limited Member Price: 1x \$50, 2x \$60, 3x \$70

### 2110 AOA Water Exercise Class

Mild water exercise done at your own pace. This co-educational class is a way for participants to have fun and enjoy the water while being guided through the exercise by a trained instructor. Participants do not need to know how to swim.

Code	Day	Time	Cost
2110-01	Mon, Wed, Fri	1:00-2:00 PM	\$30/60