

# health & fitness

## Health & Fitness

Costs for Fitness Classes, unless otherwise listed:  
 (Fitness Classes are 45 minutes to 1 hour in length.)  
 Aerobics Classes – FREE to Full Members  
 Limited Member Price 1 X \$50 2 X \$70 3 X \$80

### 1102 Strength/Tone/Core

This class combines these three components to work the entire body with emphasis on the inner core muscles.

### 1103 Step Circuit

Step class for all fitness levels. Alternating step with intervals of resistance training using weights, exercise tubes, and bands to strengthen all major muscle groups.

### 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.

### 1105 Step/Cardio/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.

### 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

### 1118 Total Body Conditioning

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

### 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!!!

### Personal Training - Full Member

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

### 1139 Silver Sneakers/Gentle Strength/Cardio

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.

### 1136 Cardio Kickbox

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

### 2110 Active Older Adults 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.

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

| Monday                               | Tuesday                            | Wednesday                          | Thursday                                 | Friday                             | Saturday                      |
|--------------------------------------|------------------------------------|------------------------------------|--|------------------------------------|-------------------------------|
| Strength/Tone/Core<br>1102 - 9:00 AM | Silver Sneakers<br>1139 - 8:00 AM  | Step/Cardio/Tone<br>1102 - 9:00 AM | Silver Sneakers<br>1139 - 8:00 AM        | Cycling<br>1117 - 8:30 AM          | Cycling<br>1117 - 8:30 AM     |
| Cycling<br>1117 - 9:30 AM            | Gentle Strength<br>1139 - 9:00 AM  | Cardio Kickbox<br>1136 - 10:15 AM  | Gentle Strength/Cardio<br>1139 - 9:00 AM | Total Body Cond.<br>1118 - 9:00 AM | Power Step<br>1104 - 9:-30 AM |
| Cardio Kickbox<br>1136 - 10:15 AM    | Total Body Cond.<br>1118 - 9:30 AM | Yoga<br>1110 - 10:45 AM            |  | Cardio Kickbox<br>1136 - 10:15 AM  |                               |
| Yoga<br>1110 -10:45 AM               |                                    |                                    | Total Body Cond.<br>1118 - 9:30 AM       |                                    |                               |
|                                      | Cardio Kickbox<br>1136 - 6:30 PM   | Power Step<br>1104 - 6:30 PM       | Yoga<br>1110 - 5:30 PM                   |                                    |                               |
| Step Circuit<br>1102 - 6:30 PM       |                                    | Cycling<br>1117 - 6:30 PM          | Total Body Cond.<br>1118 - 6:30 PM       |                                    |                               |