



# Fall 2019 Fitness Schedule



Time	Mon	Tues	Weds	Thurs	Fri	Sat
5:45a	<b>Boot Camp</b> <b>Ashlie</b>	<b>Wet and Wild</b> <b>Ashlie</b>			<b>Boot Camp</b> <b>Courtney</b>	
6:00a		<b>Pilates</b> <b>Shannon</b>	<b>Boot Camp</b> <b>Andrew</b>	<b>Pilates</b> <b>Shannon</b>		
7:15a	<b>Generation X</b> <b>Ashlie</b>		<b>Generation X</b> <b>Ashlie</b>		<b>Generation X</b> <b>Andrew</b>	
8:30a	<b>Aqua Fit</b> <b>Katie</b>	<b>Aqua Fit</b> <b>Katie</b>	<b>Aqua Fit</b> <b>Renee</b>	<b>Aqua Fit</b> <b>Morgan</b>	<b>Aqua Fit</b> <b>Katie</b>	<b>PiYo OR Zumba</b> <b>(8:00am)</b>  <b>Rotates—see</b> <b>online schedule</b>
9:00a	<b>Pickleball</b>		<b>Pickleball</b>		<b>Pickleball</b>	
9:30a	<b>SAIL</b>		<b>SAIL</b>			
5:30p	<b>Aqua HIIT</b> <b>Courtney</b> <hr/> <b>Bar Pump</b> <b>Raymond</b>	<b>Couch to 5k</b>  <b>Run Group</b> <b>(9/3-10/1)</b>	<b>Vinyasa Yoga</b> <b>Shannon</b> <hr/> <b>Bar Pump</b> <b>Raymond</b>	<b>Couch to 5k</b>  <b>Run Group</b> <b>(9/5-10/3)</b>		
6:15p	<b>Zumba</b> <b>Mary</b>					

**\*FREE CLASSES**

LAND AND WATER PUNCHES ARE THE SAME

\*CLASSES ARE SUBJECT TO CHANGE DUE TO LOW ATTENDANCE

**Session 1: Sept. 2nd-Oct. 26th**  
**Session 2: Oct. 28th-Dec. 21st**  
**\*Note: No regular classes labor day or Thanksgiving day.**

<b>CLASS/CARD PRICE</b>	<b>MEMBER</b>	<b>NON-MEM</b>
<b>2-10 Classes</b>	<b>\$2.75/per class</b>	<b>\$5.00/per class</b>
<b>11-20 Classes</b>	<b>\$2.50/per class</b>	<b>\$4.50/per class</b>
<b>21+ Classes</b>	<b>\$2.25/per class</b>	<b>\$4.00/per class</b>
<b>UNLIMITED CLASS PASS</b>	<b>\$130.00</b>	<b>\$160.00</b>
<b>DROP-IN</b>	<b>\$3.25</b>	<b>\$6.00</b>

**Bar Pump:** This weighted bar fitness class uses simple exercises that will target every muscle group. This class is based off of the beat of the song so it keeps you motivated to push through! The class is no longer than 45 minutes so you're in and out before you notice!

**Boot Camp :** Come in and join us for a fun and energizing way to start your day! We will be doing a different workout each week to combine with exercise and fun, making the time fly! Come give it a try!

**SAIL:** Is designed to help maintain bone density and strength through moderate range of motion activities. This is our lowest-strain class and great for older adults or people rehabbing from an injury. **THIS CLASS IS FREE!**

**Pickleball:** Fun for all ages, this is a combination of tennis, ping pong, and wiffleball. Just pay general admission. **THIS IS FREE UPON ADMISSION.**

**Pilates:** This popular mat workout developed by Joseph Pilates concentrates on core strength, body alignment, and muscular balance without adding bulk. If you are looking for that long, lean dancer body, this class is for you!

**Generation Xercise:** Want to keep exercising well into your youth, but not sure if you can or where to start. We have just the class for you! Resistance train, walk, get fit, and have fun doing it while keeping it low impact. (45mins)

**ZUMBA:** Zumba is a complete workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. You will find a mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

**Vinyasa Yoga:** In Vinyasa Yoga you will be coordinating movement and breath to flow from one pose to the next. The variable nature of Vinyasa Yoga helps to develop a more balanced body.

**Aqua Fit:** This class is a mixture of cardio and toning, all low impact! Great for those who need a gentle workout.

**Wet N' Wild:** This fun class is located in the pool! The focus is mostly on cardio, but with some strength training too! Great for those looking for a more difficult and fast paced pool workout!

**Kickboxing:** This class includes high intensity kickboxing moves for a fun cardio workout! (No kickboxing experience required. Easy for beginners to follow.)