



July Classes

(PUNCH CARDS ARE GOOD THROUGH DECEMBER 31ST, 2010)

Punch cards can be purchased in increments of 5, 10, 15 or 20

Unlimited Year Classes \$300/Members

Punch Card costs are \$5 per class for members & \$10 per class for non members

Unlimited Year Classes \$400/Non Members

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am		*					
9:00 am						9:15 AM Spin Amy	
10:00 am	Aqua Splash Seniors FREE! Judy	Heart Smart Senior FREE! Judy		Heart Smart Senior FREE! Judy			
10:30 am							
4:30 pm	Yoga Hollis	Muscle Conditioning Lisa	Yoga Hollis	Muscle Conditioning Lisa	Advanced Yoga Hollis *1 st Friday of every Month*		
6:00 pm	Cardio Core Steve	Yoga Hollis 5:50pm Water Aerobics Susanna *Different fees apply*	Spin Amy	Water Aerobics Susanna *Different fees apply*			
7:00pm	Indoor Cycling Steve	Zumba Michelle		Zumba Lora			

Class Descriptions

Zumba / Latin Dance: Zumba and Latin Dance combine high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. This workout is all about fun. Join the Party!!

Cardio Core: Core training that includes free weights and body resistance work. Incorporating a stability ball, agility drills and plyometrics to create an electrifying, challenging work-out for your entire body and mind. Both a total body sculpting experience and cross training to help you more fully excel in all of your outdoor sporting activities and adventures.

Total Body: Ramp up your metabolism with an hour of weight training and cardio intervals designed to build strength, burn fat, and increase agility. This class has it all! Come see for yourself and get a fun and challenging Total Body workout.

Power Pilates: Pilates focuses on the core postural muscles which help keep the body balanced and are essential to providing support for the spine. Pilates teaches awareness of breath and alignment of the spine, while strengthening the deep torso muscles.

Spin/Indoor Cycling: The best low impact cardio workout you can get inside. Indoor Cycling is easy on the joints and keeps the heart rate consistently elevated to improve fitness. Classes are varied and can accommodate all levels, you're in control.

Yoga: Good for the mind, body and soul, this stress-reliever will help you gain improved body awareness and flexibility through the Yoga tradition. Take the class to tone your muscles or as a compliment to your normal exercise routine.

Heart Smart: Seniors (65+), come on in and join Instructor Judy! Heart Smart is a class made especially for you. Range of Motion, cardio and strength training will keep you fit. Non Seniors are welcome \$5.

Tai Chi: An ancient Chinese martial arts form of meditation with a constant flow of energy and movement. It combines mental concentration, slow breathing and precise balanced movement to increase chi (life energy).

Adult Swim Team: Practices are open to all and will accommodate all levels. Workouts will focus on endurance training and technique development. Coach Brook, a 16 time NCAA All American swimmer, will lead workouts tailored to the abilities and needs of all participants. Adult swim team, M/W 5:30-6:30pm, T/Thurs. 5:45a-6:45a. Two days/week for \$45/month or four days/week for \$65/month. Drop in \$10/class.

Water Aerobics: Exercising in the water is challenging, fun and easy on the joint! Come and let the resistance of the water add power to your cardio workout! Thursdays from 6p-7p. \$20/month, free for seniors 65+. Fitness punch cards may not be used for water aerobics classes. Please inquire about program specifics at the front desk.

Muscle Conditioning: Core training along with an up-tempo total body workout is what this class incorporates. Muscle endurance, strength, and cardiovascular fitness levels will be amplified. If you're looking for a challenge that will lead to a leaner body this class is right for you.