

DECEMBER



GROUP EXERCISE SCHEDULE

	6am	8am	9am	10am	12pm	1pm	4pm	5pm	6pm	7pm
Mon	Hydro Tabata 6:15	Cycle 8:00am Kettlebell 8:00am	Full Body 9:00am Boomer Burn 9:05am Aqua-cise 9:15am	Tai Chi 10:00am Arthri-cise 10:30am		Chair Yoga 1:30pm	Tai Chi 4:00pm		Power 10 6:15pm Water X 6:00pm	
Tue		Yoga 8:00am		(Aerobic Room) CLOSED	Cardio Dance 12:00pm			Yoga 5:30pm	Water X 6:00pm	Zumba 7:00pm
Wed	Hydro Tabata 6:15	Cycle 8:00am Kettlebell 8:00am	Full Body 9:00am Boomer Burn 9:05am Aqua-cise 9:15am	Tai Chi 10:00am Arthri-cise 10:30am		Chair Yoga 1:30pm	Tai Chi 4:00pm		Power 10 6:15pm Cardio Step 6:15pm Water X 6:00pm	
Thur		Yoga 8:00am		(Aerobic Room) CLOSED	Cardio Dance 12:00pm			Yoga 5:30pm	Water X 6:00pm	Zumba 7:00pm
Fri	Hydro Tabata 6:15	Cycle 8:00am Kettlebell 8:00am	Full Body 9:00am Aqua-cise 9:15am	Tai Chi 10:00am Arthri-cise 10:30am		Chair Yoga 1:30pm	Tai Chi 4:00pm		Water X 6:00pm	
Sat 8:05am	Power 10 Buttz & Guttz			Aqua-Step 10:30am	NEW! Water X 11:45am 8th. 15th. 29th.					

Aqua-cise— *An all level aqua class*

\$3 per day or \$20 a month

Arthri-cise— *A low impact aqua class*

\$3 per day or \$20 a month

Hydro Tabata— *High intensity aqua cardio*

\$3 per day or \$20 a month

Water X— *An all level aqua class*

\$3 per day or \$15 a month

Aqua Step— *Feel refreshed and revived*

\$4 per day or \$15 a month

Day class registrations are on the day of. Monthly class registrations take place on the last week of the current month. We do not prorate monthly classes. Ask for a 20% discount off 3 or more monthly class registrations.

These **classes** take place in the Aerobic Room.

This **class** take place in the Gym.

This **class** takes place in Discovery 2.



Check out the latest fitness updates on our Facebook page!

FREE CLASSES

Light & Lively	Strength & Stretch	Body Blitz
Mon Wed Fri	Tues Thurs	Mon Wed
10:00am (Gym)	10:00am (Gym)	5:30pm (Aerobics)

-  **Boomer Burn**— *Full Intensity* — \$10 monthly
-  **Cardio Dance**— *Cardio with dance* — **FREE (December only)**
-  **Cardio Step**— *Moderate Intensity* — \$8 daily or 20 monthly
-  **Chair Yoga**— *Modified yoga for all levels* — \$3 daily or \$15 monthly
-  **Cycle**— *Full Intensity* — **FREE (December only)**
-  **Full Body Workout**— *Toning for Strength* — **FREE (December only)**
-  **Kettlebell Training**— *Moderate Intensity*— \$4 daily or \$25 monthly
-  **Power 10**— *Full Intensity*— **FREE (December only)**
-  **Tai Chi**— *All Levels*— \$3 daily or **\$15 monthly (December only)**
-  **Yoga**— *All Levels*— \$5 daily or \$20 monthly
-  **Zumba**— *Dance inspired cardio*— \$5 daily or \$20 monthly
-  **Buttz & Guttz**— *Full Intensity* \$8 per day or \$20 a month

High Intensity



Moderate Intensity



Low Intensity

