

# Group Exercise Schedule

<b>Monday, Wednesday, Friday</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
6:15am	Hydro Tabata	Maggie	Pool
8:00am	Cycle	Lou	Aerobic Room
8:00am	Kettlebell	Maggie	Discovery 2
9:00am	Full Body Workout	Lou	Aerobic Room
9:05am	Boomer Burn	Rob	Discovery 2
9:15am	Aqua-cise	Maggie	Pool
10:00am	Viet Tai Chi	Ted	Aerobic Room
10:30am	Arthri-cise	Maggie	Pool
4:00pm	Tai Chi	Ted	Aerobic Room
6:00pm	Water X	Tasha	Pool
6:15pm <b>(Mon &amp; Wed Only)</b>	Power 10	Rob	Gym
6:15pm <b>(Wed Only)</b>	Cardio Step	Lorraine	Aerobic Room
<b>Tuesday &amp; Thursday</b>	<b>Class</b>	<b>Instructor</b>	<b>Location</b>
5:45am	Cycle	Maggie	Aerobic Room
8:00am	Yoga	Hanna	Aerobic Room
12:00pm	Dancing	Lou	Aerobic Room
5:30pm	Yoga	Hanna	Aerobic Room
6:00pm	Water X	Tasha	Pool
7:00pm	Zumba	Sharon	Aerobic Room
<b>Classes Included in Membership</b>			
<b>Monday, Wednesday, Friday</b>	Light & Lively	10:00-10:35am	
<b>Tuesday &amp; Thursday</b>	Strength & Stretch	10:00-10:35am	
<b>Monday &amp; Wednesday</b>	Body Blitz	5:30-6:00pm	

Class	Description	Price	Intensity Level
Aqua-cise	Fun interactive water resistance workout to stay cool and stay fit.	\$3 per day   \$20 monthly	Moderate
Aqua-step	Step into water, enjoy fun tunes and tone your body in this lively water fitness class.	\$4 per day   \$20 monthly	Moderate
Arthri-cise	Great way to help joints and relieve pain with water resistance.	\$3 per day   \$20 monthly	Low
Boomer Burn	Burn calories while boosting fitness levels for everyday activities.	\$10 monthly	High
Cardio Dance	Sculpt and tone your butt and get your gut into gear!	\$3 per day   \$10 monthly	Moderate
Cardio Step	No better way to burn calories than to dance them away.	\$8 per day   \$20 monthly	Moderate
Cycle w/ Lou	Step to the beat with fun choreographed movements.	\$3 per day   \$15 monthly	High
Cycle w/ Maggie	Get spinnin'! Improve fitness, agility, speed and cardio in a workout that burns.	\$5 per day   \$20 monthly	Moderate/High
Full Body Work-Out	Ride to the peak! Challenge yourself up hills to reach new fitness levels.	\$3 per day   \$15 monthly	High
Hydro Tabata	Get fit with high intensity training designed to fit the strength in you.	\$3 per day   \$20 monthly	High
Kettlebell	High interval training with short rest to increase your cardiovascular fitness.	\$4 per day   \$25 monthly	Moderate
Power10	Learn how to use kettlebell weights to target and tone all parts of the body.	\$8 per day   \$21 monthly	High
Tai Chi	Move through varied styles of group training to increase your fitness level.	\$3 per day   \$20 monthly	Low
Water X	Enhance mind and body harmony, improve energy level and reduce stress.	\$3 per day   \$15 monthly	Moderate
Yoga	Fun interactive water resistance workout to music that everyone will enjoy.	\$5 per day   \$20 monthly	Moderate
Zumba	Strengthen your body and mind through proper breathing and fluid movements.	\$5 per day   \$20 monthly	Moderate

1. Day Class registrations are the day of. Monthly class registrations take begin on the last week of the current month until the 10<sup>th</sup> of the next month. We do NOT prorate monthly classes.
2. All participants must check-in at Athletic Desk or Front Desk and receive a group exercise pass for each class attending.
3. Please ask an attendant for a discount of 20% for 2 or more GX monthly class registrations and 30% for 3 or more GX class registrations.
4. Free classes are at a first come, first serve basis. There are absolutely no reserving seats.