

# Group Exercise Schedule



Class	Monday   Wednesday   Friday	Instructor	Location
Hydro Tabata	6:15am-7:15am	Yvonne	Pool
Cycle	8:00-8:45am	Lou	Aerobic Room
Kettlebell	8:00-9:00am	Maggie	Discovery 2
Total Body Workout	9:00-10:00am	Lou	Aerobic Room
Boomer Burn	9:05-9:50am	Rob	Discovery 2
Aqua-cise	9:15-10:15am	Maggie	Pool
Arthri-cise	10:30-11:30am	Maggie	Pool
Chair Yoga	1:00-1:50pm	Maggie	Aerobic Room
Tai Chi	4:00-5:00pm	Ted	Aerobic Room
Water X	6:00-7:00pm	Tasha	Pool
Power 10	6:15-6:45pm (Monday & Wednesday)	Rob	Gym
Cardio Step	6:15-7:15pm (Wednesday Only)	Lorraine	Aerobic Room

Class	Tuesday   Thursday	Instructor	Location
Cycle	5:45-6:30am	Maggie	Aerobic Room
Yoga	8:00-9:00am	Hannah	Aerobic Room
Cardio Dance	12:00-1:00pm	Lou	Aerobic Room
Yoga	5:30-6:30pm	Hannah	Aerobic Room
Water X	6:00-7:00pm	Tasha	Pool
Zumba	7:00-8:00pm	Sharon	Aerobic Room

Class	Saturday	Instructor	Location
Power 10	8:05-8:35am	Rob	Gym/Track
Buttz & Guts	8:05-9:05am	Lorraine	Aerobic Room
Aqua-step	10:30-11:30am	Tasha	Pool

## Classes Included with Membership

DAY	CLASS	TIME	LOCATION
Monday   Wednesday   Friday	Light & Lively—Chair Fitness	10:00-10:35am	Gym
Tuesday   Thursday	Strength & Stretch —Chair Fitness	10:00-10:35am	Gym
Monday   Wednesday	Body Blitz—Circuit Fitness	5:30-6:00pm	Aerobic Room

UPDATED: May 1, 2019

Class	Descriptions	Price	Intensity
Aqua-cise	Water resistance workout.	\$3 per day   \$20 monthly	Moderate
Aqua-step	Lively but toning water fitness.	\$4 per day   \$20 monthly	Moderate
Arthri-cise	Helps to relieve joint pain.	\$3 per day   \$20 monthly	Low
Boomer Burn	Calorie burning and fitness boosting.	\$10 monthly	High
Buttz & Guts	Sculpt and tone lower body workout.	\$20 monthly	Moderate
Cardio Dance	Fun, interactive way to burn calories.	\$3 per day   \$10 monthly	Moderate
Cardio Step	Choreographed movements using the step.	\$8 per day   \$20 monthly	Moderate
Chair Yoga	Awaken the mind and find inner strength.	\$3 per day   \$15 monthly	Moderate
Cycle w/ Lou	Challenge yourself to new fit levels.	\$3 per day   \$15 monthly	High
Cycle w/ Maggie	Improve speed and agility.	\$5 per day   \$20 monthly	Mod/High
Hydro Tabata	Interval training with short rests.	\$3 per day   \$20 monthly	High
Total Body Workout	High intensity strength workout.	\$3 per day   \$15 monthly	High
Kettlebell	Kettlebell incorporated toning workout.	\$5 per day   \$25 monthly	Moderate
Power10	Varied styles of group training.	\$8 per day   \$21monthly	High
Tai Chi	Improve energy levels and body harmony.	\$3 per day   \$20 monthly	Low
Water X	Water resistance to lively music.	\$3 per day   \$15 monthly	Moderate
Yoga	Strengthen the mind and body.	\$5per day   \$25 monthly	Moderate
Zumba	Groove to the dance inspired hits.	\$5 per day   \$20 monthly	Moderate

UPDATED: May 1, 2019

## Group Exercise Class Need to Knows:

- Day class registrations are on the day of class.
- Monthly class registrations are open for registrations on the last week of the current month until the 10th of the next month.
- We do **NOT** prorate monthly classes. We encourage all participants to pay in advance.
- All participants must check-in at the Athletic Desk or Front Desk and receive a group exercise **PASS** for each paid class.
- Please ask a desk attendant for 20% off 2 or more monthly class registrations or 30% off 3 or more monthly class registrations.
- Monthly classes must be purchased at the same time to receive discount.
- Classes that are included with membership are at a first come, first serve basis. There is absolutely **NO** reserving seats.

