



Revised 09/09/15

## **FITNESS CENTER**

### **Group Fitness Schedule**

Classes are included with Full Membership

\$10.00 per class

Punch Card Pass \$49.00 for 8 classes

(punch cards are good for one class type)

#### **WATER AEROBICS:**

An excellent aerobic workout that allows you to work every muscle group.  
Work at your own pace and intensity while the water cools you off!

Monday – Friday: 9am – 10am

Tuesday: 8am - 9am

Tuesday: 6pm – 7pm

Thursday: 6pm – 7pm

#### **YOGA**

This is a stimulating workout for the mind, body and spirit combines moves for strength and flexibility.  
All levels welcome. Yoga mats are not provided.

Monday: Gentle Yoga 5:30pm – 6:30pm

Monday: Vinyasa Flow Yoga 7pm – 8pm

Thursday: Vinyasa Flow Yoga 6:15pm – 7:15pm

Saturday: Power Yoga 9:00am – 10:00am

#### **CHAIR YOGA**

Chair Yoga is one of the gentlest forms of yoga available. All levels are welcome. Chairs are provided.

Tuesday: 8:15am – 9:15am

#### **ZUMBA**

The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Join the Fun

Wednesday: 6:00pm – 7:00pm

Saturday: 8:00am – 9:00am