



Revised 6/6/17

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 through Friday: 9am – 10am

Tuesday & Thursday: 8am - 9am & 9am- 10am

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 – 6:45pm

Thursday: Vinyasa Flow Yoga 6:15pm – 7:30pm

Saturday: Power Yoga 9:45am – 11am

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