






## Adult Fitness Classes / Starts December 2 - 31, 2018 (NO CLASSES CHRISTMAS EVE OR DAY)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 AM – 6:30 AM 30 MINUTE BURN		6:00 AM – 6:30 AM 30 MINUTE BURN			
8:15 AM – 9:15 AM SLOW FLOW		8:15 AM – 9:15AM BARRE		8:15AM – 9:00AM SLOW FLOW	<b>*9:00AM – 9:55AM HOLIDAY DANCE PARTY</b>	
9:30AM – 10:15AM MAT PILATES	9:30AM – 10:30AM BARRE	9:30AM – 10:30AM MAT PILATES	9:30AM – 10:30AM BARRE	9:30AM – 10:30AM MAT PILATES	*10:00AM – 10:50AM CIRCUIT TRAINING	
10:45AM – 11:45AM CHAIR SCULPT	10:45AM – 11:45AM ZUMBA BASIC	10:45AM – 11:45AM FIT BEGINNINGS	10:45AM – 11:45AM ZUMBA BASIC	11:00AM – 11:45AM FIT BEGINNINGS	*11:00AM-12:00PM YOGALATES	10:00AM – 10:45AM ZUMBA
12:00PM – 1:00PM YIN YOGA	12:00PM – 1:00PM GENTLE YOGA	12:00PM – 1:00PM GENTLE YOGA	12:00PM – 1:00PM GENTLE YOGA		<i>*Above sat. classes for Dec. 15, 22 29</i>	11:00AM – 12:00AM YOGA FLOW
4:15PM – 5:15PM BARRE	4:30PM – 5:15PM TABATA	4:30PM – 5:15PM BARRE	4:30PM – 5:15PM TABATA	4:15PM – 5:00PM YOGA SCULPT		
5:30PM – 6:15PM CORE N' MORE	5:30PM – 6:20PM CARDIO DANCE	5:30PM – 6:15PM YOGA FLOW	5:30PM – 6:15PM PILATES			
6:30PM – 7:30PM YOGA FLOW	6:30PM – 7:30PM YOGA FLOW	6:30PM – 7:30PM ZUMBA	6:30PM – 7:30PM YOGA FLOW			
	7:45PM – 8:45 PM SLOW FLOW					

**\*\*\*\*\*Schedule is subject to change at any time. Please visit our website for the most updated class format and instructor information. \*\*\*\*\***



## CLASS DESCRIPTION AND PRICES

 <p style="text-align: center;"><b>Let's Get Moving</b></p>	<p style="text-align: center;"><b>Low Impact Toning</b></p> 	<p style="text-align: center;"><b>ZUMBA TONING</b></p> <p>This class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.</p>	<p style="text-align: center;"><b>Yoga and Stretching</b></p> 	<p style="text-align: center;"><b>RESTORATIVE YOGA</b></p> <p>This yoga typically involves only several poses, supported by props that allow you to completely relax and rest. Held for approximately 5 minutes or more, <b>restorative</b> poses include light twists, seated forward folds, and gentle backbends.</p>
<p style="text-align: center;"><b>30 MINUTE BURN</b></p> <p>Rise and shine with this full body integrated workout! We will begin with a gentle warm up followed by strength training, cardio, and core exercises, and end with stretches to cool down. Leave refreshed and ready to take on the day!</p>	<p style="text-align: center;"><b>BARRE</b></p> <p>Barre is a fun, effective, and safe workout for all fitness levels. This ballet inspired workout is formatted to work the entire body using a variety of exercises for the arms, core and leg muscles. We will utilize light or medium set of weights and a mat.</p>	<p style="text-align: center;"><b>ZUMBA BASIC</b></p> <p>Move and groove to a better you! Zumba Basic is for beginners and active older adults – a slower paced, low impact version of Zumba that's just as fun! Dance to the rhythms of Salsa, Cha-Cha, Cumbia, Merengue, Belly Dance, Disco, Hip-Hop, Hawaiian, etc. while getting a safe and effective workout.</p>	<p style="text-align: center;"><b>GENTLE YOGA</b></p> <p>Gentle Yoga is the right choice for anyone who wants a slower-paced yoga class. Poses are practiced seated, standing and lying down, modified with support as needed. Great for seniors, beginners or those recovering from injuries.</p>	<p style="text-align: center;"><b>SLOW FLOW</b></p> <p>Slow Flow is a yoga class designed to make you feel amazing! This class is slowly paced, giving you the opportunity to use your breath and subtle movements to calm your mind, find your center, and stretch your muscles.</p>
<p style="text-align: center;"><b>FIT BEGINNINGS</b></p> <p>Have fun and move to music with this workout for someone beginning a fitness journey or getting back to a routine! This program uses a variety of exercises designed to increase function for daily living. A chair is available if needed for support.</p>	<p style="text-align: center;"><b>CORE 'N MORE</b></p> <p>Core 'N More is a full body workout with an emphasis on strengthening your core muscles! Each exercise will focus on training your midsection, as well as focusing on balance, stability and posture. In this class we will be utilizing a mat, dumbbells, resistance bands and various other pieces of equipment.</p>	<p style="text-align: center;"><b>ZUMBA/CARDIO DANCE</b></p> <p>A super effective workout mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Dancing to funky rhythms and feeling the beat from the high energized music will make you feel like you're more at a fun party than hitting the "old grind." You don't have to be a dancer. Just move!</p>	<p style="text-align: center;"><b>CHAIR SCULPT</b></p> <p>This class will combine chair yoga with sculpting using light weights to tone and stretch with low impact movements.</p>	<p style="text-align: center;"><b>YIN YOGA</b></p> <p>Yin Yoga targets the connective tissues, such as the ligaments, bones, and even the joints of the body. It is a perfect complement to the dynamic and muscular styles of yoga flow, power yoga and other fitness classes that emphasize internal heat, and the lengthening and contracting of our muscles. Leave feeling renewed.</p>
<p style="text-align: center;"><b>TABATA</b></p> <p>Beginner Tabata 20 second intervals of strength and cardiovascular exercises, followed by 10of rest, repeated eight times. Bursts of work will torch calories and strengthen your body this workout, we bring you two sets of Tabata, along with a warm up and cool down. All levels are welcome! Modifications are offered for each exercise.</p>	<p style="text-align: center;"><b>MAT PILATES</b></p> <p>All levels are welcome to this Mat Pilates class. With particular emphasis on muscles throughout the core, back, and buttocks as well as the small muscles that support the spine, regular Pilates practice can improve posture, create balance, and allow the body to move with more ease and efficiency.</p>	<p style="text-align: center;"><b>DROP-IN</b>  <b>\$12</b>  <b>TWO MONTHS</b>  <b>UNLIMITED MEMBERSHIP</b>  <b>\$120</b>  <b>ONE MONTH</b>  <b>UNLIMITED MEMBERSHIP</b>  <b>\$70</b>  <b>SENIOR DISCOUNT</b>  <b>50% OFF MEMBERSHIPS</b></p>	<p style="text-align: center;"><b>YOGALATES</b></p> <p>Yogalates is the perfect combination to receive the benefits of strength training of Pilates and the flexibility of yoga in one-hour session.</p>	<p style="text-align: center;"><b>YOGA FLOW</b></p> <p>Yoga Flow is perfect for yoga practitioners of all levels. This Vinyasa style class will help build strength, increase flexibility, and improve balance. A Yoga Flow sequence is moderately paced helping you learn the fundamental yoga postures and principles while still challenging you to push your edge.</p>