

Adult Gym Exercise Class Schedule

| Times | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|----------------------------------|--|----------------------------------|--|---|---|
| 5:30-6:15 AM | | Kettlebell Training/ MMR | | Kettlebell Training/ MMR | Kettlebell Training/ MMR | 7:00-7:45 AM—NEW Kettlebell Basics/MMR |
| 5:30-6:30 AM | Boot Camp/ Middle gym | *Strictly Barbell/ Middle gym/ #01160 | Boot Camp/ Middle gym | Strength Combo/ Middle gym | Total Body Conditioning/ Middle gym | 6:00-7:00AM *Strictly Barbell/ Middle gym/ #01161 |
| 8:30-9:30 AM | Lite Combo/ East gym | | Lite Combo/ East gym | | Lite Combo/ East gym | 7:30-8:30 AM **Jazzercise/Middle gym |
| 8:45-9:30 AM | Boot Camp/ Middle gym | | Boot Camp/ Middle gym | | Boot Camp/ Middle gym | Boot Camp/ Middle gym |
| 8:45-9:45 AM | | *Strictly Barbell/ Middle gym/ #01165 | | *Strictly Barbell/ Middle gym/ #01166 | | |
| 9:00-10:00 AM | | Yoga/MMR | | Yoga/MMR | | |
| 5:30-6:30 PM | *Strictly Barbell/MMR/ #01169 | 5:30-6:15 PM Boot Camp/ Middle gym | *Strictly Barbell/MMR/ #01170 | 5:30-6:15 PM Boot Camp/ Middle gym | | |
| 5:30-6:30 PM | **Jazzercise/ Middle gym | Pilates & Yoga Combo/ MMR | **Jazzercise/ Middle gym | Pilates & Yoga Combo/MMR | | |

Aqua Fitness Class Schedule

| | | | | | | |
|---------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|----------------------------------|--|
| 7:45-8:30 AM | Aquacise/Olson | Aquacise/Olson | Aquacise/Olson | Aquacise/Olson | Aquacise/Olson | |
| 8:30-10:00 AM | Warm Water Therapy/ Inst. Pool | Warm Water Therapy/ Inst. Pool | Warm Water Therapy/ Inst. Pool | Warm Water Therapy/ Inst. Pool | Warm Water Therapy/Inst. Pool | |
| 8:45-9:45 AM | Hydropower/Olson | Aqua Muscle/Olson | Hydropower/Olson | Aqua Muscle/Olson | Hydropower/Olson | |
| 6:30-7:30 PM | Aqua Muscle/Inst. | | Aqua Muscle/Inst. | | | |

FREE CLASSES FOR MEMBERS: see chart for times

Lite Combo: This group class is taught by a certified group fitness, kickboxing, step and floor aerobics instructor. Gayle will get your heart rate up while having a fun time learning new low impact exercises.

Pilates: Pilates offers a focus on core stability to maintain a balanced and aligned body that looks fit, and feels revitalized and moves with ease. This class will offer flexibility and strength for the total body.

Kettlebell Training: Fantastic core strength and cardio workout. Kettlebell workouts are intended to increase strength, endurance, agility and balance, challenging both the muscular and cardiovascular system with dynamic, total-body movements. **Must attend basic class first.**

NEW Kettlebell Basics: For beginners, this is an introductory class to the kettlebell training class.

Yoga: A safe and contemporary approach to this classic discipline.

Strength Combo: Strength class using plyo-balls, weights, body bars and benches.

Total Body Conditioning: This group fitness class will include plenty of cardio and strength training. A section of this class will concentrate on core strength.

Bootcamp: Become one of the few, the proud, the conditioned! This class will include jogging, push-ups, circuit training and more in an easy to follow format. Intermediate to advanced level.

***Strictly Barbell:** 60 minutes of music pumping barbell exercises in a group setting. This will give you the measurable results you have been looking for. Very basic exercises and format to give you the finest results. This class will meet twice a week. Max. enrollment is 19.

| Times per week | Memb. | Prog. Fee |
|----------------|---------|-----------|
| 1 | \$14.00 | \$35.00 |
| 2 | \$28.00 | \$70.00 |
| 3 | \$42.00 | \$105.00 |
| 4 | \$56.00 | \$140.00 |

→ Pay-As-You-Go for members is \$3.00 and \$7.00 for program participant, based on equipment availability.

****Jazzercise:** Jazzercise offers an awesome dance based total workout **Cost is \$30 for one month or \$55 for two.** Checks made to Jazzercise.

Program Participant Rate Land Classes

| 45 Minute Class | | | 60 Minute Class (Barbell—see desc. above) | | |
|-----------------|--------|----------|--|--------|----------|
| Times/Week | Prog # | Fee | Times/Week | Prog # | Fee |
| 1 | 01111 | \$24.50 | 1 | 01101 | \$35.00 |
| 2 | 01112 | \$49.00 | 2 | 01103 | \$70.00 |
| 3 | 01113 | \$73.00 | 3 | 01105 | \$105.00 |
| 4 | 01114 | \$98.00 | 4 | 01107 | \$140.00 |
| 5 | 01115 | \$122.00 | 5 | 01109 | \$175.00 |

Aqua Fitness Classes

| 45 Minute Aquatic Class | | | | 60 Minute Aquatic Class | | | |
|-------------------------|--------|-------------|------------------|-------------------------|--------|-------------|------------------|
| Time/Week | Prog # | Member Rate | Prog. Part. Rate | Time/Week | Prog # | Member Rate | Prog. Part. Rate |
| 1 | 02100 | \$10.00 | \$25.00 | 1 | 02117 | \$11.00 | \$26.00 |
| 2 | 02101 | \$17.00 | \$42.00 | 2 | 02118 | \$19.00 | \$44.00 |
| 3 | 02102 | \$24.00 | \$58.00 | 3 | 02119 | \$27.00 | \$63.00 |
| 4 | 02103 | \$31.00 | \$75.00 | 4 | 02125 | \$35.00 | \$81.00 |
| 5 | 02104 | \$38.00 | \$92.00 | 5 | 02126 | \$43.00 | \$99.00 |

YAQUATICS™

We build strong kids, strong families, strong communities.

Warm Water Therapy: An open time in our instructional pool. Free to members.

Aquacise: A moderate aerobic workout in shallow water.

Aqua Muscle: A shallow water class that incorporates a great cardiovascular workout with a variety of resistance equipment.

Hydropower: This class incorporates the Hydro-Fit resistance system in deep and shallow water.

*Pay-As-You-Go for ANY Aquatic Fitness Class:
Member - \$3.50
Prog. Part. - \$7.00