

November

Group Fitness Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9a Aqua FAC 9a Strength & Sculp 5:15p Yoga	2 3:15p Water Aerobics 5:15p Rock Cycle	3 9a Aqua FAC 9:30a Strength & Sculp 10:45p Yoga	4 9a Zumba
5	6 9a Aqua FAC 9:30a Strength & Sculp w/Cardio	7 10:30a Aqua Fit	8 9a Aqua FAC 9a Strength & Sculp 5:15p Yoga	9 9a Women on Weights 3:15p Water Aerobics 5:15p Rock Cycle	10 9a Aqua FAC 9:30a Strength & Sculp 10:45p Yoga	11 9a Zumba
12	13 9a Aqua FAC 9:30a Strength & Sculp w/Cardio	14 9a Women on Weights 10:30a Aqua Fit	15 9a Aqua FAC 9a Strength & Sculp 5:15p Yoga	16 3:15p Water Aerobics 5:15p Rock Cycle	17 9a Aqua FAC 9:30a Strength & Sculp 10:45p Yoga	18 9a Zumba
19	20 9a Aqua FAC 9:30a Strength & Sculp w/Cardio	21 9a Women on Weights 10:30a Aqua Fit	22 9a Aqua FAC 9a Strength & Sculp 5:15p Yoga	23 3:15p Water Aerobics 5:15p Rock Cycle	24 9a Aqua FAC 9:30a Strength & Sculp 10:45p Yoga	25 9a Zumba
26	27 9a Aqua FAC 9:30a Strength & Sculp w/Cardio	28 9a Women on Weights 10:30a Aqua Fit	29 9a Aqua FAC 9a Strength & Sculp 5:15p Yoga	30 3:15p Water Aerobics 5:15p Rock Cycle		

Group Fitness Class Descriptions

Aqua FAC Functional Aquatic Conditioning <i>Seth Anne</i>	Exercise from mild to moderate intensity to help improve flexibility and function. Ideal for seniors and persons with limiting physical conditions, but open to all skill levels and ages.
Aqua Fit <i>Seth Anne</i>	Resistance training for those who are looking to increase cardiovascular endurance and muscular strength. This class will be held in the competition pool and you must be able to swim!
Water Aerobics <i>Susie</i>	A mix of cardio and toning workouts with the resistance of water in our warm pool giving you a full body workout, burning between 400-500 calories in just one hour!
WOW- Women on Weights <i>Ayla</i>	Class meets in our Fitness Studio where you will explore the options and benefits of strength training in a more personalized format. Perfect for those wanting to start a strength training program. <i>Limited to 5 participants</i>
Rock Cycle <i>Susie</i>	This class is a slight twist on a typical cycling class. Students are encouraged to ride to the beat of the music. Hills will be offered but not required. Rock Cycle is the perfect class if you've always wanted to try an indoor cycling class!
Strength & Sculpt w/ Cardio (Previously Lunch Crunch) <i>Susie</i>	A full body workout with cardio (high or low impact- your choice), strength, toning, and flexibility components. Format varies weekly, but you can always expect a great workout!

Strength & Sculpt <i>Ayla</i>	This class uses dumbbells and body weight to strengthen and sculpt your entire body.
Yoga <i>Ayla</i>	Learn basic Yoga postures coordinated w/ the breath. Develop strength, balance, and flexibility. Increase focus as the body releases tension and finds mental tranquility.

FAC Pricing

\$5 Drop-in for everyone

\$30/month for Members

\$48/month for Non-Members

Class Pricing

# of classes	Member	Non-Member
1	\$5	\$7
6	\$24	\$36

Class packages can be shared if participants share an account

Schedules are subject to change without notice

All fitness class packages are valid 6 months from the date of purchase