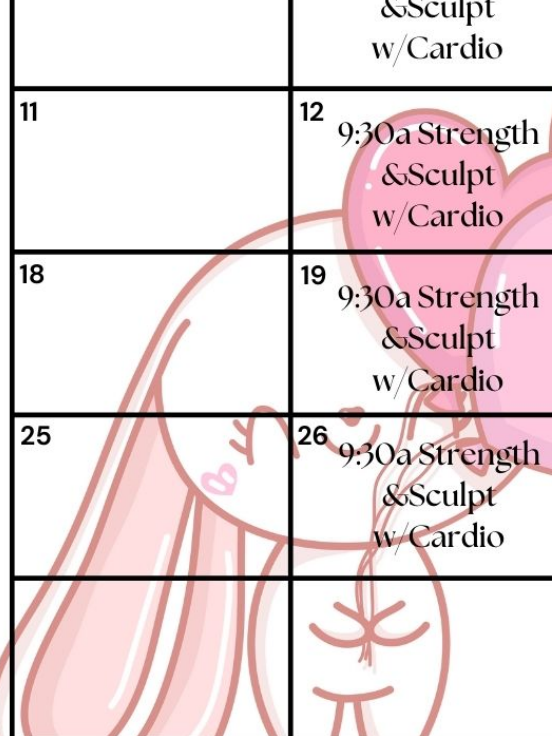
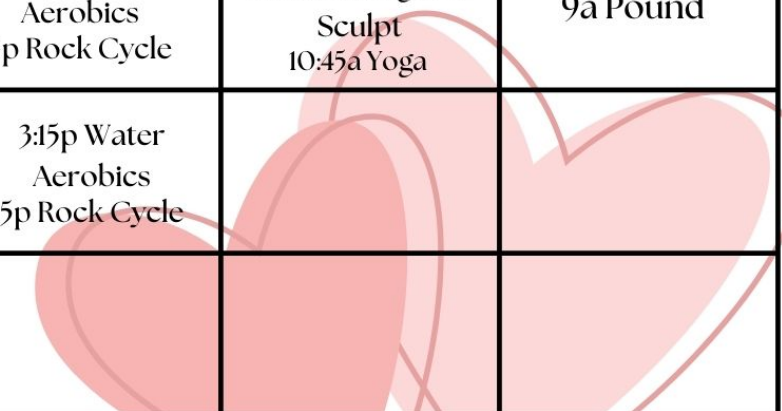




February

Group Fitness Special

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

Group Fitness Class Descriptions

<p>Barre Fitness</p> <p><i>Susie</i></p>	<p>Low impact, high repetition workout using light dumbbells, body weight, and the barre. This class focuses on muscle endurance and toning.</p>
<p>Aqua Fit</p> <p><i>Seth Anne</i></p>	<p>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!</p>
<p>Water Aerobics</p> <p><i>Susie</i></p>	<p>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!</p>
<p>Cardio Kickboxing</p> <p><i>Susie</i></p>	<p>Combines various punching and kicking techniques mixed with low impact cardio and high calorie burn.</p>
<p>Rock Cycle</p> <p><i>Mary</i></p>	<p>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!</p>
<p>Strength & Sculpt w/ Cardio (Previously Lunch Crunch)</p> <p><i>Susie</i></p>	<p>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!</p>

<p>Strength & Sculpt</p> <p><i>Ayla</i></p>	<p>This class uses dumbbells and body weight to strengthen and sculpt your entire body.</p>
<p>Yoga</p> <p><i>Ayla</i></p>	<p>Learn basic Yoga postures coordinated w/ the breath. Develop strength, balance, and flexibility. Increase focus as the body releases tension and finds mental tranquility.</p>
<p>Cycle & Sculpt</p> <p><i>Mary</i></p>	<p>This class combines the best of both worlds... 30 mins on the bikes followed by 30 mins of arm, abs, and stretch</p>
<p>Pound</p> <p><i>Brenda</i></p>	<p>"Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates inspired movements." <small>*uses lightly weighted drumsticks which will be available for use during class*</small></p>

Class Pricing

# of classes	Member	Non-Member
40	\$60	\$75

Schedules are subject to change without notice