



EARLY FALL GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00am Yogalates Helen	8:00-9:00am Strong Bodies Helen		8:00-9:00am Strong Bodies Yvonne		8:15-9:15am Strong Bodies Donna	
	9:05-9:55am Yogalates Helen		9:05-9:55am Cardio Circuit/ Pilates Noreen	10:00-11:00am Enhance Nancy Special Program		
10:00-11:00am Enhance Rachel/Helen Special Program		10:00-11:00am Enhance Nancy Special Program		11:15-12:00pm Belly Dancing Diana		
	6:00-6:50 pm Strong Bodies Donna		6:00-6:50pm Circuit 6 Donna	<p>Ages 12 years and up are welcome to participate in any of our group exercise classes.</p> <p>Note: Classes may be cancelled due to low participation, please check with the front desk for current schedule.</p>		
	<p>GROUP EXERCISE CLASS FEE: Members: Free • Youth: \$6.00 • Adult: \$6.00 Punch Card: \$60.00 for 10 visits</p>			<p>Effective Sept 17th-October 1st</p>		

Cycle/Core – 60 minute class: This indoor cycling class is tailored for the beginner, intermediate and advanced levels with segments of hill climbs, jumps, flat roads, sprints or intervals with music. 60 minute spin/core classes include 15-20 minutes of “core” work (abs, lower back and glutes) in various styles of pilates, floor, balls, or weights.

Strength and Endurance - 60 minute class: Strength training is an important aspect of overall well being. Get a great total body workout while increasing muscular strength and endurance.

Strong Bodies – 50 minute class: This class is weightlifting to music for a total body workout. You will be utilizing a barbell with adjustable weights; great for men and women.

Yogalates – 60 minute class: This class combines moves from Yoga and Pilates for the perfect combination of toning, flexibility and stress reduction.

Cardio Mix – 60 minute class: Zumba, Step, Spin and more! See the desk for current line up of classes and instructors

Yoga - 60 minute class: Class includes flowing from one pose to the next to reap huge benefits from practice.

Circuit 6-50 minute class: Challenge yourself one minute at a time with this fast paced cardio class

Pound– 45 minute class: Class uses lightly weighted drumsticks to offer a full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements