



SUMMER 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	
	9:10-10:10am Zumba Gold Amanda	9:00-10:00am Cardio Circuit/ Pilates Noreen				
10:00-11:00am Enhance Rachel/Helen Special Program		10:00-11:00am Enhance Nancy Special Program	10:00-10:45am Beginning Yoga Helen	10:00-11:00am Enhance Nancy Special Program		
	6:00-6:50 pm Strong Bodies Donna		6:00-6:50pm Circuit 6 Donna	Ages 12 years and up are welcome to participate in any of our group exercise classes. Note: Classes may be cancelled due to low participation, please check with the front desk for current schedule.		
	GROUP EXERCISE CLASS FEE: Members: Free • Youth: \$6.00 • Adult: \$6.00 Punch Card: \$60.00 for 10 visits			Effective July 13th-August 30th		

Indoor Cycling – 40 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.

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.

YOGA – 45 or 60 minute class

Various styles of yoga that focus on breathing and posture along with a series of poses to restore the body to a more healthful state. Gentle yoga is a slower pace. Chair Yoga allows participants a slower pace and help with a chair for stability and seated options for easier options, which is great for older populations. Many options for various levels.

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

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

ZUMBA GOLD– 60 minute class

A fusion of Latin and International music and dance themes. Routines feature aerobic and interval training with a combination of fast and slow rhythms that tone & sculpt. Zumba GOLD is a slower pace, low impact and basic moves designed for older populations, beginners, or anyone that wants a lower intensity class.