

Group Exercise Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yoga for Every Body 6:00-6:45 Cardio & Conditioning 7:00-8:00	SilverSneakers® I 9:30-10:30 Kardio Kickboxing 6:00-6:45 Pilates 7:00-8:00	Pilates 9:00-9:50 SilverSneakers® Yoga Stretch 10:00-10:50 Zumba 6:00-6:50 Body Sculpt 7:00-8:00	SilverSneakers® I 9:30-10:30 Pilates with Stability Ball 7:00-8:00	Zumba Gold 9:00-9:45	Power & Pump 9:15-10:15

Classes are free to members, \$7.00 for non-members.
Class participation is on a first come first serve basis. Capacity may be limited.

BODY SCULPT Starts October 5

Start sculpting your body today. This class includes both strength training and high intensity cardio and is appropriate for beginners to more advanced participants.

Cardio & Conditioning

Burn calories and build muscle! Cardio & Conditioning is an interval training class that will get your heart pumping and tone your body from head to toe.

Yoga for Every Body

This relaxing program offers stretching and strengthening of the body to improve posture and focus the mind. Taught in a "user friendly" Kripalu flow style, poses are linked together to create strength, flexibility, endurance, and balance. Non-aerobic. Please bring your own mat.

Kardio Kickboxing

A high energy class combining movements from boxing, martial arts, and kickboxing, set to powerful music. Burn calories and tone your body while building strength, stamina, and incredible mental and physical focus.

Pilates

Based on the principles of Joseph H. Pilates and taught by our certified instructor, all movements are performed on mats using the core muscles of the body. Appropriate for beginners as well as more advanced students. Offered Tuesday evenings and Wednesday mornings for your convenience.

Pilates with Stability Ball

A different twist on Pilates. In addition to mat work this class uses stability balls and resistance bands. No prior Pilates experience required.

Power & Pump

A multi-level class designed for cardio lovers. An interval format of cardio and resistance training intervals to burn fat! Come ready to work. Now including a challenging core workout!

ZUMBA® New class time starts October 5

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!

SilverSneakers® Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Yoga Stretch

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Zumba Gold®

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, and those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, the exhilarating, easy-to-follow moves, and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

**Fitness Center Junior Certification
Boys & Girls Ages 11 & 12**

Get your pre-teen started out on the right foot. This comprehensive course is designed to teach junior members the proper use of cardio and strength training equipment. Topics covered include proper stretching, gym etiquette, exercise safety, resistance training techniques, and good nutrition. This course is designed for students who are part of a family membership. Upon successful completion, students will be allowed to work out with their parents in the fitness room. Call the Community Center for times and dates of the next class. **Fee \$20.00**

Personal Training Packages

Learn how to make the most of your workout and achieve your health and fitness goals with the help of our qualified personal training staff. Each one hour session is booked with our qualified staff trainer. Price is based on the number of sessions purchased at the time of booking.

One Session	\$40.00
Three Sessions	\$100.00
Five Sessions	\$150.00