

GROUP CLASS INFORMATION

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

GROUP EXERCISE CLASSES

5:15AM WARRIOR BOOTCAMP ⌚ 45mins	5:15AM TRIM & TONE ⌚ 45mins	5:15AM WARRIOR BOOTCAMP ⌚ 45mins	5:15AM TRX SUSPENSION ⌚ 45mins	5:15AM TRIM & TONE ⌚ 45mins
8:00AM SILVERSNEAKERS ⌚ 45mins	7:00AM SPIN ⌚ 45mins	8:00AM SILVERSNEAKERS ⌚ 45mins	7:00AM SPIN ⌚ 45mins	6:15AM BUTTS & GUTS ⌚ 45mins
9:00AM SILVERSNEAKERS ⌚ 45mins	10:00AM STRENGTH 101 ⌚ 45mins	9:00AM SILVERSNEAKERS ⌚ 45mins	10:00AM STRENGTH 101 ⌚ 45mins	8:00AM SILVERSNEAKERS ⌚ 45mins
5:15PM TOTAL BODY ⌚ 45mins	4:45PM TRX SUSPENSION ⌚ 45mins	5:15PM TOTAL BODY ⌚ 45mins	4:45PM TRX SUSPENSION ⌚ 45mins	9:00AM SILVERSNEAKERS ⌚ 45mins
6:15PM ZUMBA ⌚ 60mins	6:00PM TAE KWON DO ⌚ 60mins	6:15PM ZUMBA ⌚ 60mins	6:00PM TAE KWON DO ⌚ 60mins	

CLASSES ARE RUN ON A 6 WEEK SCHEDULE
Current session: January 28th - March 8th
OFF WEEK: March 11-15

WATER EXERCISE CLASSES

11:15AM AQUA-CISE ⌚ 60mins	11:15AM JOINTS IN MOTION ⌚ 60mins	11:15AM AQUA-CISE ⌚ 60mins	11:15AM JOINTS IN MOTION ⌚ 60mins
5:30PM AQUA-CISE ⌚ 60mins		5:30PM AQUA-CISE ⌚ 60mins	

CLASSES ARE RUN ON A 6-WEEK SCHEDULE
Current session: January 28th - March 8th
OFF WEEK: March 11-15



5:00AM CROSSFIT ⌚ 60mins	5:00AM CROSSFIT ⌚ 60mins	5:00AM CROSSFIT ⌚ 60mins	5:00AM CROSSFIT ⌚ 60mins	5:00AM CROSSFIT ⌚ 60mins
6:00AM CROSSFIT ⌚ 60mins	6:00AM CROSSFIT ⌚ 60mins	6:00AM CROSSFIT ⌚ 60mins	6:00AM CROSSFIT ⌚ 60mins	6:00AM CROSSFIT ⌚ 60mins
8:30AM CROSSFIT ⌚ 60mins	8:30AM CROSSFIT ⌚ 60mins	8:30AM CROSSFIT ⌚ 60mins	8:30AM CROSSFIT ⌚ 60mins	8:30AM CROSSFIT ⌚ 60mins
11:00AM CROSSFIT ⌚ 60mins	11:00AM CROSSFIT ⌚ 60mins	11:00AM CROSSFIT ⌚ 60mins	11:00AM CROSSFIT ⌚ 60mins	11:00AM CROSSFIT ⌚ 60mins
4:00PM CROSSFIT ⌚ 60mins	4:00PM CROSSFIT ⌚ 60mins	4:00PM CROSSFIT ⌚ 60mins	4:00PM CROSSFIT ⌚ 60mins	4:00PM CROSSFIT ⌚ 60mins
5:00PM CROSSFIT ⌚ 60mins	5:00PM CROSSFIT ⌚ 60mins	5:00PM CROSSFIT ⌚ 60mins	5:00PM CROSSFIT ⌚ 60mins	5:00PM CROSSFIT ⌚ 60mins

8:00AM | CROSSFIT OPEN GYM
⌚ 90mins

PROGRAM INFORMATION

HOURS

MONDAY - THURSDAY
5 A.M. - 8 P.M.

FRIDAY
5 A.M. - 6 P.M.

SATURDAY
7 A.M. - NOON

SUNDAY
NOON - 5 P.M.

AQUA-CISE

This class is held in a therapy pool with a temperature around 92 degrees. Aqua-cise provides a moderate cardio segment with strength and flexibility training at the end. Classes are tailored to your skill level. This is a great class for individuals looking to jump start their fitness routine.

CROSSFIT

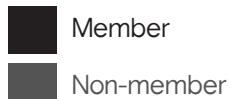
CrossFit is Constantly Varied Functional Movements performed at High Intensity.

JOINTS IN MOTION

This class is held in a therapy pool with a temperature around 92 degrees. This is a class for people with arthritis and other joint problems. All joints are moved through every range of motion.

PARENT-TOT

Held in our warm water pool for children ages six months to three years of age, with a parent or other adult. Children develop strength, coordination and confidence in the water. The class allows parent interaction with the child and focuses on mutual enjoyment. Limited instructor time with opportunity for water exploration. There is no class format.



SILVERSNEAKERS

Silver Sneakers utilizes a mixture of cardiovascular exercise, resistance training, balance and coordination to deliver a fun yet challenging workout program! Exercises are performed in seated or standing positions using equipment such as dumbbells, resistance bands and Silver Sneaker resistance balls.

STRENGTH 101

Participants use a box step, various weights, kettlebells and resistance bands, and are assisted by the instructor to select optimal weight/resistance per each individual's ability, joint issues/pain.

TAE KWON DO

Teaches the art of unarmed combat for self-defense, involving the skilled application of punches, kicks, flying kicks, blocks, dodges and interceptions with the hands, arms and feet in order to affect the rapid destruction of an opponent.

TRX SUSPENSION

Suspension trainer uses your body weight in different exercises while suspending your arms or legs to get a full body workout. Workouts will build strength, increase flexibility, and develop core stability and power. All fitness levels are welcome!

TRIM & TONE

This class incorporates strength and cardio segments using equipment such as dumbbells, bosus, and suspension trainers, for a total body workout. This class is great for beginners yet challenging enough for more experienced exercisers looking to add variety.

TOTAL BODY

This is not yo mama's workout! Works every part of the body through cardio and strength exercises in a circuit style. We use TRX, kettle bells, heavy ropes and medicine balls, it can be modified for the beginners and advanced participants.

WARRIOR BOOT CAMP

Challenging cardio and muscle conditioning exercises combined with a host of athletic drills that will challenge your entire body. Whether you're looking to burn fat and calories, or increase your muscular strength and endurance level, you will find that our advanced Boot Camp classes deliver a comprehensive and balanced approach for the intense and motivated fitness enthusiast (Held outdoors with weather permitting).

ZUMBA

Latin-inspired dance exercise that mixes low and high intensity moves for a great cardio workout. Fast paced and fun; you won't even realize you are sweating! Dance background and fitness experience is helpful, but not a requirement.

PRICING

CLASSES THAT MEET 3X PER WEEK

\$45 (member) | \$54 (non-member)

CLASSES THAT MEET 2X PER WEEK

\$30 (member) | \$48 (non-member)

CLASSES THAT MEET 1X PER WEEK

\$15 (member) | \$24 (non-member)

6 WEEK UNLIMITED CLASS PACKAGE

\$55 (member) | \$65 (non-member)

**Class sessions do not carry over to subsequent sessions.*