

Group Fitness Package

(Unlimited Classes)

\$300 (Deluxe Members)

\$540 (Non-Members)

*Call-In Registration begins day
before class at 2pm*

(Water Aerobics 8am)

(All Monday classes NOON on Sun.)

Daily Class Admission

\$2.50 (senior members)

\$3.00 (senior non-members)

\$5/class (members)

\$8/class (non-members)

Punch Cards (10-classes)

\$25 (senior members)

\$30 (senior non-members)

\$45 (members)

\$75 (non-members)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yin Yoga Katherine 8:00-9:00	Barre Above Amy 8:00-8:45	Barre Above Gabrielle 6:15-7:00	Yin Yoga Katherine 8:00-9:00	Barre Above Gabrielle 6:15-7:00	REFIT Camille 8:15-9:00
Sculpting Sharon 8:00-8:45	Spin & Strength Sharon 9:00-10:00	BOSU Rae Lynn 8:00-8:45	Barre Above Amy 8:00-8:45	Barre Above Amy 8:00-8:45	Kick Boxing Alternating 9:00-10:00
Barre Beyond Sharon 9:00-9:45	Length & Strength Ball Motion Rae Lynn 9:00-9:45	TRX Jam Rae Lynn 9:00-9:45	Butts & Guts Rae Lynn 9:00-9:45	Reboot Sharon 8:00-8:45	Suspense Cycle Marcia 9:15-10:15
Water Walking Amy 10:00-10:45	HIIT Amy 9:00-9:45	Aqua Barre Amy 9:00-9:45	Water Arthritis Plus Denise 9:00-9:45	Pilates & Stretch Sharon 9:00-10:00	Yoga Tom 10:30-11:30
Bands & Bells Sharon 10:00-10:30	Water Arthritis Plus Denise 9:00-9:45	Water Walking Amy 10:00-10:45	Balance-Gait-Strength Amy 10:00-10:45	Lite Mix Rae Lynn 10:15-11:00	
Specialized Fitness Denise 10:00-10:45	Balance-Gait-Strength Amy 10:00-10:45	Specialized Fitness Denise 10:00-10:45	Deeply Fit Rae Lynn 10:00-10:45	Yoga Tom 10:30-11:30	
Deep Water Arthritis Plus Cardio Denise 11:00-11:45	H2o Cardio Rae Lynn 10:15-11:00	Burn Mix Rae Lynn 10:00-10:45	Yoga Tom 11:00-12:00	H.E.A.T(High Energy Aqua Training) Rae Lynn 11:15-12:00	
Water Arthritis Denise 12:30-1:15	Water Walking Denise 11:15-12:15	Fit 4 Life Amy 11:00-11:45	Water Walking Denise 11:00-12:00	Balance-Gait-Strength Denise 12:00-12:45	
Balance-Gait-Strength Denise 2:30-3:15	Chair Yoga Cindy 11:15-12:15	Yoga Tom 11:00-12:00	Chair Yoga Cindy 11:15-12:15		
HIIT Cycle and Tone Marcia 5:30-6:30	Cycling Sherri 6:00-6:50	Deep Water Arthritis Plus Cardio Denise 11:00-11:45	Tai Chi for Arthritis and Fall Prevention Mary 12:30-1:30		
Cardio Strength Rylee 5:30-6:15	Yoga Tom 6:30-7:30	Water Arthritis Denise 12:30-1:15	Kick Boxing Sue B. 5:15-6:00		
		Barbell Strength Rylee 5:30-6:20	Slow Flow + Yin Adriana 6:30-7:30		
		Cycling Sherri 6:00-6:50			
					Scan QR Code for Cancelation Calendar

April 2024

Balance-Gait-Strength (Amy/Denise)

Balance-Gait-Strength is an evidence-based strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the Fall Prevention Class can help improve strength and balance, if done regularly.

Bands & Bells (Sharon)

An easy to follow high light weight/high rep workout using resistance bands and dumbbells.

Fit 4 Life (Amy)

A progressive resistance strength training exercise program which can be performed sitting or standing and are safe enough for the unfit or near frail. This class is designed to increase strength, flexibility, range of motion and function. Exercises are performed seated in chairs (optional standing) in a group setting class.

Tai Chi for Arthritis and Fall Prevention (Mary)

A classic Tai Chi class consisting of basic stretches and exercises with a focus on arthritis and fall prevention. No Tai Chi experience needed.

Specialized Fitness (Denise/Amy)

A fitness class benefiting the older population or those with mobility limitations. Can be beneficial after a surgery.

Slow Flow + Yin (Adriana)

Students will be introduced to yoga postures and a slower flow practice with step-by-step verbal descriptions and demonstration. Emphasis is placed on the student's safety and stability within each pose, in their unique body, and the breath.

Chair Yoga (Cindy)

This yoga class is perfect for the beginners or individuals with low flexibility wanting to receive the benefits of a traditional yoga class.

Yin Yoga (Katherine)

Yin yoga is a slow, intense, and mindful practice. Stretches are held for 3-5 minutes focusing on connective tissues: fascia and joints.

Yoga (Tom)

This class is a traditional practice of hatha, Iyengar, and Anusara yoga. Learn about connecting the breath, mind, and body.

Lite Mix (Cindy/Rae Lynn)

This 60-minute total body workout is for those who are beginning or just getting back into shape. This lower intensity class combines cardio aerobics with strength training that is designed to be relaxing and fun for all.

Length & Strength Ball Motion (Rae Lynn)

A fun spin on cardio and strength training to fun spicy music. Everyone is welcome to join for a full body workout.

Barre Above (Gabrielle)

Barre Above blends the latest exercise science with the principles of the Lotte Berk method delivering a fusion of ballet, pilates, yoga and strength training to the workouts. Designed for a wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged.

REFIT (Camille)

A dance fitness class focused on cardio and toning open to all fitness levels and ages. Modifications will be shown for higher and lower intensity, and playlists include a variety of music.

Burn Mix (Rae Lynn)

A great mix of cardio and your choice of weights to help build muscle, balance & Strength using a variety of different moves each week. The use of other equipment is introduced each week to keep it spicy. Suitable for all levels of fitness.

Cardio Strength (Rylee)

This class aims to improve cardiovascular health, muscular strength, and endurance. These classes utilize a variety of equipment to help keep your fitness routine fun and fresh.

TRX Jam (Rae Lynn)

TRX strapping system is used with your own body weight to work your entire body. This class is great for new to advanced. All movement can be tailored to your needs and is finished with nice cool down stretching.

Barre Beyond (Sharon)

A ballet barre and ab conditioning workout, ending with stretching to meditative music.

Sculpting (Sharon)

Sculpting is designed to target every muscle group and to create sleek definitions utilizing dumbbells and your own body weight.

Kickboxing (Sue. B, Rotating)

High Intensity workout that incorporates boxing, self-defense, and bag work for a total body workout.

HIIT (Amy)

HIIT / Circuit Training: High Intensity Interval Training, or HIIT, is a type of workout that consists of short periods of intense exercise that get your heart rate up quickly between intervals of less intense exercise or complete rest and targets different muscle groups for optimal conditioning. HIIT is an effective workout for those who want to get active and healthy, but don't have the time in their schedule for lengthy workouts.

Barre Above (Amy)

Barre Above is a workout technique inspired by elements of ballet, yoga, and Pilates. Barre focuses on low-impact, high-intensity movements designed to strengthen your body safely in ways that few other workouts can. This full-body workout also develops agility and flexibility.

Butts & Guts (Rae Lynn)

Get toned thighs, slender hips and lifted butts all while working your core. Get ready to use dumbbells for walking lunges, wall squats and much more!

BOSU (Rae Lynn)

This unique class will use the Bosu ball which will add an element of instability to exercises, which engages more muscles and helps improve balance, coordination, and core strength.

Barbell Strength (Rylee)

Is a total body, choreographed weight lifting class that incorporates high energy music to an intense resistance workout. This class uses light to moderate weights with a high repetition for a total body workout using a barbell, dumb-bells, and body weight.

Suspense Cycle/HIIT Cycle & Tone (Marcia)

60-minute class that includes 30-minutes of high intensity indoor cycling intervals, followed by 30-minutes of toning and strength training utilizing resistance training.

Cycling (Sherri)

A classic cycling class. Gets the heart rate up while cycling to music.

Spin & Strength (Sharon)

An hour long spin class incorporating strength exercises.

Pilates & Stretch (Sharon)

A form of exercise that concentrates on core strength, posture, balance and flexibility. Ends with stretching to meditative music.

Reboot (Sharon)

HIIT/stations class, working at your own pace for 1 minute.

Water Arthritis (Denise)

Gentle exercises with the focus on arthritis and other joint related conditions in accordance with the guidelines from American Arthritis Foundation.

Water Walking (Amy & Denise)

This low-impact exercise not only gives you a great cardio workout, it can also help you burn calories, while building strength in many muscle groups.

Water Arthritis Plus/Deep Water Arthritis + Cardio (Denise)

A more challenging Water Arthritis class. Focus on joint related conditions and also cardiovascular health. Belts are worn in deep water class.

H2O Cardio (Rae Lynn)

Suitable for any level. A low impact, buoyant, and joint friendly Shallow & Deep water exercises to music for a cardio & muscular whole body workout. The use of props will be integrated into the workout routine.

Deeply Fit (Rae Lynn)

A full body workout to music in the deep end of the pool. Suitable for all fitness levels. Floatation belts are REQUIRED.

Aqua Barre (Amy)

Focusing on strength, alignment, flexibility, and balance, participants will utilize the barre for ballet and pilates inspired exercises in the pool. This class is great for those who are looking to lengthen and tone muscles but want to avoid stress on the joints.

H.E.A.T (High Energy Aqua Training)

Rae Lynn

High Intensity Aqua Training to 128-132 BPM music with instructor participation.

Aqua Core and More (Denise)

Water Class focusing on core, strength and stretching.