

## Group Fitness Class Descriptions

### Mind-Body

- **Pilates** – Lengthen and tone muscles in this unique mind-body class. Improve your stability and strengthen your core using classic Pilates positions.
- **Fitness Yoga** – Transform your mind & body through a series of strength building postures. Enhance balance and stability while contouring your muscles. You will leave feeling revitalized, stronger, and centered.

### Active Older Adult

- **Active Adult Strength & Balance** – Enhance your mobility, strength, and balance using dumbbells, resistance bands, fitballs. 8:15am class is designed for more advanced participants. 10:30am class is a lighter workout, perfect for beginners.

### Strength and Combo Classes

- **Body Rock** – Get a total body workout in this sculpting class. Cross train using dumbbells, bands, stability balls, and mat exercises to improve strength, core, stability, and balance.
- **Fitness Combo** – Endless fitness benefits in this all in one class. Burn calories with low-impact cardio exercises while using fun weight training equipment.
- **Fitball Workout** – Great for all ages at intermediate fitness levels. Use fitballs and risers as your fitness medium for balance, core building, and strength training.
- **Total Body Blast** – Blast fat and create a more fit body by fusing together calisthenics, cardio, and interval training using hand held weights.
- **Aqua Fit** – Heavy on the cardio yet light on the joints. All levels can join this low to moderate intensity water class to tone their muscles.

### Specialty Classes

- **Total RX** – Use TRX interval training with a high energy group. This fast paced workout combines TRX and cardio drills. Get the personal training benefits in a group setting.
- **TRX Fit** – Timed workouts keep you moving and motivated while rotating through TRX suspension training and endurance circuits incorporating various equipment. Recruit more muscles to transition your fitness to the next level!

### **Strong by Zumba**

“STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.”

### **XCO Fitness**

- The XCO LATIN WORKOUT mixes latin rhythms and athletic movements using intelligent physic tools called XCO-TRAINER Studio Sets. The result: It is the most extraordinary, intense and dynamic workout in the market designed to work your entire body with special emphasis to your core and arms.

### Group Fitness Prices

<b>Regular Classes</b>	<b>Member</b>	<b>Nonmember</b>
Pay in Full for Session	\$14	\$40
21 class punch card	\$55	\$128
14 class punch card	\$40	\$89
7 class punch card	\$23	\$47
Drop-in Fee	\$4	\$8

<b>Specialty Classes</b>	<b>Member</b>	<b>Nonmember</b>
Pay in Full for Session	\$36.75	\$56
21 class punch card	\$110.25	\$168
14 class punch card	\$77	\$115.50
7 class punch card	\$40.25	\$59.50
Drop-in Fee	\$8	\$10

<b>Zumba and Strong</b>	<b>Member</b>	<b>Nonmember</b>
Unlimited (1 month)	\$50	\$60
10 class punch card	\$40	\$50
Drop-in Fee	\$5	\$6

<b>Kids Zumba</b>		
Pay in full for session	\$21	\$35

<b>XCo Fitness (5-week session)</b>		
Pay in full for session	\$40	\$50

## Group Fitness Schedule: May 29th- July 14th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30	<b>Total Rx*</b> 5:30 - 6:15		<b>Total Rx*</b> 5:30 - 6:15		<b>Total Rx*</b> 5:30 - 6:15			
5:45								
6:00								
6:15								
7:45						<b>Total Rx*</b> 7:30 - 8:15		
8:00								
8:15								
8:30								
8:45		<b>Active Adult Strength &amp; Balance</b> 8:15 - 9:10	<b>Fitness Yoga</b> 8:15-9:10	<b>Active Adult Strength &amp; Balance</b> 8:15 - 9:10	<b>Pilates Plus</b> 8:15-9:10	<b>Total Body Blast</b> 8:30-9:25	<b>Strong 8:30 - 9:30</b>	
9:00	<b>Aqua Fit</b> 8:30-9:25							<b>Aqua Fit</b> 8:30-9:25
9:15								
9:30	<b>Pilates Plus</b> 9:15 - 10:10	<b>Body Rock</b> 9:15 - 10:10	<b>Pilates Plus</b> 9:15 - 10:10	<b>Body Rock</b> 9:15 - 10:10	<b>Fitball Workout</b> 9:30 - 10:25	<b>Zumba</b> 9:30 - 10:45		
9:45								
10:00								
10:15								
10:30	<b>Fitness Combo</b> 10:30 - 11:25	<b>Active Adult Strength &amp; Balance (Lower Intensity)</b> 10:30 - 11:25	<b>Fitness Combo</b> 10:30 - 11:25	<b>Active Adult Strength &amp; Balance (Lower Intensity)</b> 10:30 - 11:25				
10:45								
11:00								
11:15								
4:00	<b>Zumba</b> 4:00 - 5:00							
4:15								
4:30								
4:45								
5:30	<b>XCO Latin Workout 5:30 - 6:20 pm.</b>	<b>Total Rx* 5:40 - 6:25</b>	<b>Core Power Yoga 5:15- 6:10</b>	<b>Zumba Beginner</b> 5:30 - 6:30	<b>Total Rx* 5:40 - 6:25</b>	<b>Zumba</b> 5:30 - 6:25	<b>Taekwondoe 6:00 - 8:00 pm</b>	
5:45								
6:00								
6:15								
6:30								
6:45	<b>Taekwondoe 6:45 pm - 8:00 pm</b>						Register at the Front Desk * = Specialty Class (45 Minutes)	
7:00								
7:15								
7:30								