

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.
- **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!

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.

HIIT

“Come and experience the Hi-Lo of fitness with a twist of super FUN Dance pieces mixed with strength/functional/athletic training!!

- **HIIT stands for “high intensity interval training.” It’s a training method based on short, yet intense, bursts of energy, followed by short recovery periods. ... In a nutshell, the intensity of a HIITworkout is much higher than that of a traditional cardio session.**

Group Fitness Prices

Regular Classes	Member	Nonmember
Pay in Full for Session	\$20	\$55
14 class punch card	\$55	\$112
7 class punch card	\$32	\$63
Drop-in Fee	\$6	\$12
Zumba and HIIT	Member	Nonmember
Enrollment Fee	\$6	\$7
Drop-in Fee	\$7	\$8
XCo Fitness		
Drop –in Fee	\$9	\$11
Enrollment Fee	\$8	\$10

Group Fitness Schedule: August 31st - October 17th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30	Total Rx* 5:30 - 6:15	Total Rx* 5:40 - 6:25	Total Rx* 5:30 - 6:15	Total Rx* 5:40 - 6:25	Total Rx* 5:30 - 6:15	Total Rx* 5:30 - 6:15	Total Rx* 7:30 - 8:15
5:45							
6:00							
6:15							
6:30							
6:45	XCO Latin Workout 5:30 - 6:20 pm.	Total Rx* 5:40 - 6:25	Zumba 5:30 pm	Total Rx* 5:40 - 6:25	Total Rx* 5:30 - 6:15	Total Rx* 5:30 - 6:15	Xco 9:30 am
7:00							
7:15							
7:30							
7:45							
8:00	Pilates Plus 9:15 - 10:10	Body Rock 9:15 - 10:10	Pilates Plus 9:15 - 10:10	Body Rock 9:15 - 10:10	Pilates Plus 8:15-9:10	Fitball Workout 9:30 - 10:25	Xco 9:30 am
8:15							
8:30							
8:45							
9:00							
9:15	Pilates Plus 9:15 - 10:10	Body Rock 9:15 - 10:10	Pilates Plus 9:15 - 10:10	Body Rock 9:15 - 10:10	Pilates Plus 8:15-9:10	Fitball Workout 9:30 - 10:25	Xco 9:30 am
9:30							
9:45							
10:00							
10:15							
10:30	Fitness Combo 10:30 - 11:25	Active Adult Strength & Balance (Lower intensity) 10:30 - 11:25	Fitness Combo 10:30 - 11:25	Active Adult Strength & Balance (Lower Intensity) 10:30 - 11:25	Pilates Plus 8:15-9:10	Fitball Workout 9:30 - 10:25	Xco 9:30 am
10:45							
11:00							
11:15							
4:00							
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4:45							
5:30	XCO Latin Workout 5:30 - 6:20 pm.	Total Rx* 5:40 - 6:25	Zumba 5:30 pm	Total Rx* 5:40 - 6:25	Total Rx* 5:30 - 6:15	Total Rx* 5:30 - 6:15	Xco 9:30 am
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7:00							
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7:30							
7:45							

Register at the Front Desk
* = Specialty Class (45 Minutes)