

Group Fitness Schedule (Summer II Session) July 14th - August 16th

Monday	Tuesday	Weds.	Thursday	Friday	Sat.	
Spinning 7:00-7:45am JODY						
		Spinning 8:00-8:45am Kathy				
Aerobics 9:30-11:00am Lisa	Simply Fit 9:45-10:45am Jennifer	Aerobics 9:30-11:00am Lisa	Outdoor Bootcamp 9:15-10:15am Kathy	Simply Fit 9:15-10:15 Christy	Muscle 9:15-10:15am Roberta/Sindy	
				Adv. Pilates 10:15-11:00 Christy	Hula 12:00- 12:45am Lindsey	
		Class sign-up deadline: 72 hours (3 days) before the class is scheduled to begin. If enough people are not signed up the class will be canceled.				
		Yogalates 5:45-6:45pm Jane				
		Water Aerobics 6:30-7:30 Stephanie	Muscle 7:00-8:00 Stephanie			
Yoga 6:30-8:00pm	Tae Kwon Do 6:00-7:00pm		Tae Kwon Do 6:00-7:00pm			
Pilates 8:10-9:00pm Sindy		Pilates 8:10-9:00pm Sindy				

CLASS DESCRIPTION AND FEES For SUMMER I 2008

Walk-in Fee for Tri-Health classes (resident or non-resident):

45 minute class = \$5 60 minute class = \$6

MUSCLE – This class includes a warm-up and exercises to target major muscle groups to build muscular strength and endurance. All levels welcome.

Thursday 7:00-8:00pm, Saturday 9:15-10:15am

Residents: \$22 Non-residents: \$27

BOOTCAMP (NEW!)-- If you are in a workout rut or just looking for an exhilarating workout, this is the class for you! In 1 hour you will work every total body AND get your heart rate up. An assortment of equipment will be used along with athletic drills, cardio, and muscle work. This class will only be as hard as YOU make it, so beginners are welcomed!

Thursday 9:15am-10:15am Runs 7/10-8/14.

Residents: 27 Non-residents 33

PILATES – The focus of this class is on the core muscles in the hips, abdominals and back. You will gain muscle toning, stability and balance. All levels welcome.

Monday and Wednesday 8:10-9:00pm

Residents: \$17 Non-residents: \$21

ADVANCED PILATES- This class format will be similar to that of the regular Pilates class, but at a higher intensity. The instructor will challenge participants to take core strengthening to the next level using light weight, mini ball, stability ball, and tubing. Not recommended for beginners.

Residents: \$14 Non-residents: \$17

SIMPLY FIT - This class is a mix of muscle toning, balance exercises and flexibility training. All exercises will be slow and controlled. This class will assist those who need exercise for osteoporosis, range of motion loss, back pain and instability, to name a few. All levels welcome.

Tuesday 9:45-10:45 and Fridays 9:15-10:15am

1 day/week→ Resident: \$17 Non-resident: \$22

2 day/week→ Resident: \$32 Non-resident: \$40

SPINNING – A bicycling class with an instructor that will talk you through peaks and valleys of a virtual bike ride. This is an interval type of workout in which you are challenged to break free of your comfort zone and to improve your fitness level. Beginners are welcome. Motivational music plays a large part of this workout. Only 6 bikes are available, Sign up right away! All levels welcome.

Monday 7:00-7:45am, Wednesday 8:00-8:45am,

Residents: \$17 Non-residents: \$21

YOGALATES – A class that will tone all your muscles while incorporating the stability ball and yoga poses for muscular balance and endurance. An ALL-OVER great class! All levels welcome.

Wednesdays 6:45-6:45pm

Residents: \$22 Non-residents: \$27

WATER AEROBICS – Join us in the outdoor pool for a class with maximum benefits for your muscles, heart and lungs, but minimum stress on your joints. All levels welcome. Wednesdays 6:30-7:30pm

Residents: \$45 Non-residents: \$55 Class runs June 11- August 13

AEROBICS, TAE KWON DO & YOGA – Call 563-2247 for information on these classes (These are not Tri-Health classes)