

Group Fitness Class Schedule

Monday	Tuesday	Wed.	Thursday	Friday	Saturday
	Bootcamp 5:05-6:05a Douglas		Bootcamp 5:05-6:05a Douglas		
					Bootcamp 8:05-9:05a Douglas
Cardio & Strength 9:30-11:00a Lisa	<i>Lifestyle's</i> Fitness Fusion 9:30-10:30a Stephanie	Cardio & Strength 9:30-11:00a Lisa			<i>Lifestyle's</i> Spin 8:30-9:15a Amy
<i>Lifestyle's</i> Yoga 9:30-10:15a Monica		<i>Lifestyle's</i> Yoga 9:30-10:30a Sheri	<i>Lifestyle's</i> Barre 9:45-10:45a Amy	<i>Lifestyle's</i> Yoga 8:30-9:15a Monica	<i>Lifestyle's</i> Strictly Muscle 9:30-10:30a Amy
	<i>Lifestyle's</i> Strictly Muscle 5:30-6:15p Amy				
Yoga 6:30-8:00p Roger	Tae Kwon Do 6:15-7:30p Mike		Tae Kwon Do 6:15-7:30p Mike		
<i>Lifestyle's</i> Hardcore HIIT 6:30-7:30p Ericka	<i>Lifestyle's</i> Spin-Core 6:30-7:30p Ericka	<i>Lifestyle's</i> Power knockout sculpt 6:30-7:30p Ericka	<i>Lifestyle's</i> Power Yoga 5:30-6:30p Ericka		
<i>Lifestyle's</i> Pilates 8:05-8:55p Sindy					

**TRY
CLASSES FOR
FREE*!**

**ANY CLASS IS FREE
THE 1ST TIME YOU
TRY THAT
PARTICULAR CLASS*

**BRING A
FRIEND!**

Lifestyles passes DO NOT expire!

Resident FITFLEX FEES:

- 5 Classes= \$35
- 10 Classes= \$68
- 15 Classes= \$98
- 20 Classes= \$122

NON-Resident FITFLEX FEES:

- 5 Classes= \$40
- 10 Classes= \$75
- 15 Classes= \$108
- 20 Classes= \$138

**Session dates
and prices for
non-Lifestyle
Classes are listed
on the last page.**

LIFESTYLE ESSENTIAL'S CLASS DESCRIPTIONS: *All levels welcome!*

Barre –This class uses a series of ballet moves done repetitively while incorporating light weights. The core is targeted with Pilates moves and Yoga is utilized in the stretching portion.

Power knockout sculpt (Kickboxing) - Fun, high energy, Martial Arts based cardio class for all fitness levels. Real self-defense combinations designed to kick and punch those calories once and for all! Taught by 2nd degree Tai Kwon Do Black Belt with over 15 years of experience in the fitness industry.

Fitness Fusion - A fun mix of step interval & balance ball designed for cardio & strength conditioning.

Pilates - Build muscle tone, stability & balance by focusing on core muscles in the hips, abs & back.

Simply Fit - This functional fitness class is designed to include exercises to slowdown the effects of osteoporosis. It will also encourage range of motion, core strength, and stability.

Strictly Muscle - Learn proper weight lifting form while building strength & endurance with light, medium and heavy weight dumbbells.

Yoga- A mix of movements designed to improve flexibility, strengthen, re-energize and relax the body and mind. *(If possible, please bring your own yoga mat-small mats available for use at the center)*

SPIN CLASSES:

Limited bikes=first come, first serve. Please do not disrupt other classes to reserve your bike!

Spin - An adventurous cycling with inspirational music. Your instructor will challenge you through peaks & valleys of a virtual bike trek. Break free of your comfort zone & improve your fitness level!

Spin-Core - An awesome combination of cardio on the bike & core strength conditioning- not just abs, but the entire total core muscles from thighs to shoulders! Begin with 45 minutes of spinning, followed by 15 minutes of core training

FITFLEX PUNCH PASS POLICIES *(LE classes only):*

- Purchase FitFlex Pass at front desk

- FitFlex Pass are NON-REFUNDABLE- all sales are final, but can be SHARED.

- You **MUST** have a FitFlex Pass to enter class. Card must be punched by the instructor.

- Late participants please leave pass or money next to instructor- pass punched post class.

- A patron who does not have a card, will be considered a "walk-in" & must pay \$10 cash or check* to instructor or they are unable to take the class- **NO EXCEPTIONS**. *Patron can bring their pass to the next class to have it punched for BOTH classes & \$10 will be returned.

Classes with less than 5 participants over a 3 week period may be cancelled

LIFESTYLE ESSENTIALS PERSONAL TRAINING:

Over 40 Certified male & female personal trainers that meet YOUR needs!

One-On-One - One-Hour Sessions

One-Hour Session \$55.00

Package of 10* \$475.00

Share With A Friend - One-Hour Sessions

One-Hour Session \$42.50 per person

Package of 10* \$357.50 per person

** Additional packages available upon request.*

***Group training max is 6, but may vary depending on trainer. Additional discounts available for 5+ sharing a package.*

FITNESS CLASSES

With Independent Providers through the Recreation Dept.:

CARDIO & STRENGTH

April 24 – June 21 (a new 8 week session follows)

Mon., Wed. 9:30-11:00am

Fees: \$144 for residents \$146 for non-res. Walk-In \$10/class

EVENING YOGA

April 10 – May 22 (a new 7 week session follows)

Mondays 6:30-8:00pm

Fees: Res. \$49.00 Non-Res. \$63.00 Walk-in \$10/class

MAJOR BOOTCAMP

Monthly sessions

Tues., Thurs. 5:05-6:05am, Saturdays 8:05-9:05am

Fees: 4 classes = \$40 6 classes = \$60 8 classes = \$80

TAE KWON DO

Monthly

Tues., Thurs. 6:15-7:30pm

1 person \$25 2 or more in the family \$20 each.