

PRICING IS FOR MEMBERS/NON-MEMBERS

BOOT CAMP \$20 monthly/\$75 monthly

Boot Camp classes help adults reach weight loss goals through a variety of strength-building and cardio-endurance exercises. Participants develop confidence while achieving an overall feeling of well-being.

CARDIO DANCING \$20 monthly/\$75 monthly

Cardio dancing helps to strengthen the heart, achieve weight loss goals, and build lasting relationships in a fun environment. Choreographed dance routines provide a fun atmosphere and flexible, varied levels of cardiovascular challenges for all!

CORE AND MORE \$20 monthly/\$75 monthly

Conditioning that targets the core by toning your abs, shaping your hips, firming your glutes, and strengthening your back to build overall strength and decrease your risk of injury.

PICKLEBALL FREE/\$15 per visit

A paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced competitive game for experienced players.

YOGA \$20 monthly/\$75 monthly

This yoga class draws from several different styles of yoga to focus on breath and movement. This yoga practice seeks to cultivate mindfulness and greater awareness within one's own body.

ZUMBA \$20 monthly/\$75 monthly

Zumba features exotic rhythms set to high-energy Latin beats. The movements are simple, it burns calories, and most importantly, it is fun!

PICK-UP BASKETBALL 18+ FREE/\$15 per visit

Monday/Wednesday nights in Gym B from 7:30 to 9:00 pm and Tuesday/Thursday mornings from 6:30 to 8:00 am.

PICK-UP VOLLEYBALL 18+ FREE/\$15 per visit

Tuesday/Thursday nights in Gym A from 6:30 to 8:45 pm.

INDOOR/OUTDOOR CYCLING \$20 monthly/\$75 monthly

A fun and challenging heart focused class, appropriate for a wide range of fitness levels. Pedal your circulatory system to an increased level of endurance in a black light, energized group setting on our Schwinn Blue Carbon bikes with computers that measure your cadence, power, and distance.

MOVE, STRENGTH, STRETCH and BALANCE \$20/\$75 monthly

Senior Strength and Stretch provides a personalized, small group setting that is designed to train functional movements and increase mobility and strength while improving quality of life.

ACTIVE ADULT TOTAL FITNESS FREE/\$50

Active Adult Total Fitness is a low-impact class that helps develop cardiovascular health, muscular strength and endurance, balance, flexibility, and a strong core. This class is suitable for seniors and adaptable to every ability level. **REGISTRATION REQUIRED**

GENTLE SPIN FREE/\$50

Perfect for seniors, this class offers a modified cardiovascular workout combining strength and endurance aspects with a non-weight bearing exercise. **REGISTRATION REQUIRED**

GENTLE YOGA FREE/\$50

Gentle Yoga incorporates modified and therapeutic yoga postures and deep relaxation in a practice designed to support health and healing for people with injuries and preexisting conditions. This class is perfect for seniors, those with special conditions, or anyone looking for a restorative and relaxing yoga practice. **REGISTRATION REQUIRED**

GENTLE PILATES FREE/\$50

Pilates is a gentle, low-impact, yet serious strength workout that research shows can help ease low back pain, reduce body fat, improve flexibility, and even support mental well-being.

REGISTRATION REQUIRED

TWINGES AND HINGES (Chair Exercise) \$20 monthly/\$75 monthly

This class will focus on Range of Motion and gentle stretching to loosen tight muscle and joints. As well as gentle movement mainly while seated in a sturdy chair and light strength training.

ZUMBA GOLD \$20 monthly/\$75 monthly

Zumba Gold is based on the same dance moves used in the original Zumba class. The Gold class is less intense, with dance routines designed for beginners and older adults using modified movements. GREAT FOR ACTIVE ADULTS!!!

YOUTH TANG SOO DO KARATE \$70/\$140

Tang Soo Do is a traditional Korean martial art that encourages patience, loyalty, honesty, and self-control while improving physical strength, endurance, and flexibility. Youth Ages 6-16.

REGISTRATION REQUIRED

- Please practice social distancing in the gyms
- Please wipe equipment before and after usage
- Please wear face masks in the facility when not exercising

***\$20 Monthly Unlimited Classes MUST**

be registered for at the front desk.

Amount must be paid in full, or a bank

draft for the 1st or 5th of the month

must be set up in order to participate.

Youth, Senior, and highlighted classes require separate registration. Register at the front desk or online!

SESSION DATES: September 1st – October 31st

Member Registration: August 17th

Non-Member: August 24th

