

## 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 health and well-being.

**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/\$10 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 & OUTDOOR YOGA** \$20 monthly/\$75 monthly  
Our yoga classes draw from several different styles of yoga to focus on breath and movement. Our 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!

**Y-HIIT** \$20 monthly/\$75 monthly  
High-intensity interval training or "HIIT, embodies hard work with minimal rest. These fast-paced workouts combine cardio with free-weights. Great for those who already have a moderate level of fitness, workouts can also be scaled down or modified for beginners. All are welcome and encouraged to join in on the action!

**PICK-UP BASKETBALL 18+** FREE/\$10 per visit  
Monday/Wednesday nights in Gym B from 7:30 to 8:45 pm and Tuesday/Thursday mornings from 6:30 to 8:00 am.

**PICK-UP VOLLEYBALL 18+** FREE/\$10 per visit  
Tuesday/Thursday nights in Gym A from 6:30 to 8:45 pm.

**Youth/Adult Tang Soo Do Karate** \$75/\$150  
Tang Soo Do is a traditional Korean martial art that encourages patience, loyalty, honesty, and self-control while improving physical strength, endurance, and flexibility. Must be 6 years or older.  
**REGISTRATION REQUIRED**

**INDOOR/VIRTUAL 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** \$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!!!

- Please continue to practice social distancing in the gyms
- Please wipe equipment before and after usage

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

**be registered for at the front desk.**

**Amount must be paid in full, or a bank**

**draft for the 1<sup>st</sup> or 5<sup>th</sup> of the month**

**must be set up in order to participate**

**Register at the front desk or online!**

**Session Dates: May 10<sup>th</sup> – July 3<sup>rd</sup>**

**Member Registration: April 26<sup>th</sup>**

**Non-Member Registration: May 3<sup>rd</sup>**

