

Group Fitness Schedule

Monday

-  5:30-6:25 am*
Spinning®
Joe
-  9:00-9:55 am
Spinning®
Yvonne
-  9:30-10:25 am
Aquarobics
Jinee
-  5:30-6:25 pm
30-20-10
Tina
-  6:00-6:55 pm
Zumba®
Kathy
-  7:00-7:55 pm*
Yoga
Eleanor

Tuesday

-  5:30-6:25 am*
Core & More
Tina
-  8:15-9:10 am
Functional Training
Jinee
-  9:15-10:10 am
Beginner BootCamp
Ginger
-  9:30-10:25 am
Joints in Motion
Jinee
-  6:00-6:55 pm
Muscle Confusion
Tina
-  6:15-7:10 pm
Aquarobics
Karen
-  6:30-7:25 pm
Zumba® Happy Hour
Kathy
-  7:30-8:25 pm*
Aqua Zumba®
Summer
-  8:00-8:55 pm
Spinning®
Susie

Wednesday

-  5:30-6:25 am*
Spinning®
Joe
-  9:00-9:55 am
Spinning®
Yvonne
-  9:30-10:25 am
Aquarobics
Jinee
-  5:30-6:25 pm
Step
Kim
-  5:30-6:25 pm
Boot Camp
Tina
-  6:45-7:45 pm
Spinning® Power Hour
Joe

Thursday

-  5:30-6:25 am*
Muscle Confusion
Tina 
-  8:15-9:10 am
Functional Training
Jinee
-  9:30-10:25 am
Joints in Motion
Jinee
-  6:15-7:10 pm
Aquarobics
Karen
-  5:00-5:55 pm
Step Intervals
Jeanna
-  6:30-7:25 pm
Spinning®
Yvonne

Friday

-  5:30-6:25 am*
Spinning®
Yvonne
-  9:00-9:55 am
Beginner BootCamp
Ginger
-  9:30-10:45 am
Aquarobics
Jinee
-  10:00-10:55 am
Club 50
Ginger

Saturday

-  7:30-8:25 am*
Spin® & Strength
Susie
-  9:00-9:55 am
Zumba Basics®
Kathy

March 17
May 25

Classes in Italics are held in the gymnasium

ChildCare

\$2.50 per visit
\$45 for 20 visit pass
\$125 unlimited yearly use (1 child) \$100 each additional child

* by time signifies no childcare available



CLASS FEES

\$25.00 Members

\$32.00 Non-Members

EARLY BIRD

March 3 through March 16 only!

Members

1st Class	\$25.00
2nd+class(es)	\$5.00

Non-Members

1st Class	\$32.00
2nd+class(es)	10% off

Chance Cards

This card allows you to attend **16 classes** without committing to one specifically. (If space is available)

\$45.00 Members

\$60.00 Non-Members

Drop In Fee

Want to try a new class? Pay a drop in fee to attend one class! (If space is available).

\$3.00 Members

\$4.50 Non-Members

Cancelled Class

If class is cancelled due to weather or instructor, a make-up pass good for 2 months will be issued. Make-up passes will be available at Front Desk.

SPINNING®

Separate fees apply for Spinning. Sign up for the entire 10 weeks and pay the 55 minute rate. Chance Cards may be used for Spinning, TWO chances will be used per class. Same make-up rules apply to Spinning (under cancelled class). Early Bird and multiple class discounts do not apply.

SPINNING FEES	55 minutes	Chance Card	Drop-in Fee
Member	\$35	\$45	\$4
Non-Member	\$45	\$60	\$6

Join In the Fun!

You are welcome to join a class already in progress at a prorated fee. For more information of questions, please call 618.651.1386



1 Nagel Dr • 618-651-1386 • www.highlandil.gov

Class Descriptions

30-20-10: 30 minutes of cardio, 20 minutes of strength training and 10 min of core work!

Aquarobics: A low impact total body workout that uses water for resistance. Splash your way towards better flexibility, strength and cardiovascular ability.

Aqua Zumba®: Known as the Zumba® pool party! This class blends it all together into a workout that's cardio-conditioning, body-toning, and most of all exhilarating!

Boot Camp (Beginner): Looking to take your cardio and strength to a new level? This class incorporates a variety of Boot Camp style drills to keep you sweating and having fun!

Club 50: Solely for the 50+ age group! Each class will include a fitness plan and nutritional information guide to help you succeed at meeting your goals.

Core & More: This workout is focused on core strength, stability, balance and much more!

Functional Training: This class is high in energy and low in impact. The perfect combination of resistance training, cardio conditioning and flexibility.

Joints in Motion: A slower paced aqua class to increase joint range of motion, strengthen muscles, and build endurance with minimum pressure on the joints.

Muscle Confusion: Interested in P90x and Insanity type workouts? This action packed class will keep your body guessing and improving!

Spinning®: Go on a voyage to motivating music! Great for burning calories, cardio conditioning and FUN! Choose your own intensity and increase your fitness at your own pace. If you cycle outdoors, this is perfect for sports specific training!

Spin® & Strength: Challenge your body with this intense fusion workout! Enjoy the first half of the class on the Spinning® bike then enjoy some great strength training off the bike!

Step: A choreographed step aerobics class incorporating cardio intervals to increase caloric expenditure. Polished off with some core conditioning!

Step Intervals: Don't have alot of time to spend in the gym? By doing short circuits of cardio on the step, followed by strategic strength intervals you will leave feeling like you used your time efficiently!

Yoga: This class synchronizes muscle toning with relaxation by focusing on flowing poses and deep breathing. With support, find your edge while you build strength, improve flexibility and release tension and stress.

Zumba®: This Latin inspired, easy to follow, calorie burning, feel it to the core FITNESS PARTY! Get into shape without knowing it! It's a fiesta!

Zumba Toning®: Class blends body-sculpting techniques and Zumba moves into one!

Zumba® Happy Hour: This class combines all of your Zumba favorites including Zumba Toning®, Zumba Sentao® and NEW Zumba Step®!