



SUMMER GROUP FITNESS

Monday

-  5:30-6:25 am*
Spinning®
Joe
-  8:00-8:55 am
Beginner BootCamp
Ginger 
-  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*
Muscle Confusion
Jeanna 
-  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
-  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
-  10:00-10:55 am
Club FENS
Ginger
-  5:30-6:25 pm
Step Intervals
Jeanna 
-  5:30-6:25 pm
Boot Camp
Tina 
-  6:45-7:45 pm
Spinning® Power Hour
Joe

Thursday

-  8:15-9:10 am
Functional Training
Jinee
-  8:00-8:55 am
H.E.A.T
Ginger
-  9:30-10:25 am
Joints in Motion
Jinee
-  5:00-5:55 pm
Strength
Jeanna
-  5:30-6:25 pm
Zumba®
Ashley
-  6:15-7:10 pm
Aquarobics
Karen
-  6:30-7:25 pm
Spinning®
Yvonne

Friday

-  5:30-6:25 am*
Spinning®
Yvonne
-  8:00-8:55 am
Spinning® (mini session)
Susie
-  9:00-9:55 am
Beginner BootCamp
Ginger 
-  9:30-10:25 am
Aquarobics
Jinee
-  10:00-10:55 am
Club FENS
Ginger

Saturday

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

Catch a new wave of fitness every 10 weeks

CLASS FEES

\$25.00 Members
\$32.00 Non-Members

EARLY BIRD-May 12-May 25th

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!

\$3.00 Members
\$4.50 Non-Members

Cancelled Class

If class is cancelled a make-up pass good for 2 months will be issued. Make-up passes will be available at Front Desk.

SPINNING FEES

\$35.00 Members
\$45.00 Non-Members

Separate fees apply 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.

Chance Cards \$45.00 Members
\$60.00 Non-Members

Drop In Fee \$4.00 Members
\$6.00 Non-Members

Child Care

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

Mon-Fri: 8:00am-12pm

Mon-Thu: 4:15-7:45pm

Saturday: 8:00-11:30am

* by class time signifies no childcare

CLASS DESCRIPTIONS-May 26-Aug 3

NO CLASSES Memorial Day or July 4th

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.

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 FENS: Flexibility, Endurance, Nutrition and Strength. All of the essential components of fitness will be taught and trained.

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

H.E.A.T: High Energy Utilize athletic drills, interval training and strength training exercises to take your endurance to an all new level! All are welcome and progressions will be offered. You will feel the HEAT!

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!

Strength: Increase your muscular strength and endurance while learning proper form and technique. This is a total body class that will emphasize a well round strength routine!

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