

SUMMER FITNESS CLASS SCHEDULE

FITNESS CLASSES: July 12 - September 2
(8 weeks)

AQUATICS CLASSES: June 11 - August 31
(12 weeks)

MONDAY			
		Instructor	Location
5:35am	Total Body Workout	Chris	Studio 3
7:30am	Aqua Fit	Sue	Pool
8:30am	Cycle Training	Adrienne	Cycle Studio
9:00am	Yoga/Pilates Fusion	Jess	Studio 2
9:30am	Fundamental Combo	Denise	Studio 1
9:45am	H.I.I.T. (High Intensity Interval Training)	Kathy	Studio 3
11:45am	Power Yoga	Wanda	Studio 2
5:30pm	60/40 Cardio Floor	Adrienne	Studio 1
5:30pm	Yoga/Pilates Fusion	Sarah	Studio 2
6:30pm	Total Body Workout	Stephanie	Studio 3
6:30pm	Zumba	Jan	Studio 1
6:30pm	Yoga Sculpt	Adrienne	Studio 2
7:30pm	Power Strength	Ryan	Studio 1

TUESDAY			
		Instructor	Location
5:35am	The Resistance Workout	Chris	Studio 1
7:30am	Aqua Fit	Meg	Pool
8:30am	Hatha Yoga	Gretchen	Studio 2
8:30am	Power Pump	Mary P.	Studio 1
9:30am	Cardio Step	Mary P.	Studio 1
10:30am	Dance Jam	Mary J.	Studio 3
11:45am	The Resistance Workout	Wanda	Studio 1
4:30pm	H.I.I.T. (High Intensity Interval Training)	Mary P.	Studio 3
5:30pm	Power Pump	Kristin	Studio 1
5:30pm	Power Yoga	Mary P.	Studio 2
6:15pm	Aqua Fit	Mary H.	Pool
6:45pm	Cardio Kickboxing	Kristin	Studio 1
7:30pm	Hatha Yoga	Gretchen	Studio 2

WEDNESDAY			
		Instructor	Location
5:35am	Total Body Workout	Chris	Studio 1
7:30am	Cardio Aqua Dance	Mary J.	Pool
8:30am	Fundamental Combo	Kathy	Studio 1
9:15am	Tai Chi	Richard	Studio 2
9:30am	Total Body Workout	Kathy	Studio 3
10:30am	Yin/Restorative Yoga	Jess	Studio 2
11:45am	Power Yoga	Wanda	Studio 2
4:30pm	Kettlebell Training	Mary P.	Studio 3
5:30pm	Heated Yoga	Jess	Studio 2
5:30pm	Step Cardio	Mary P.	Studio 1
6:30pm	H.I.I.T. (High Intensity Interval Training)	Stephanie	Studio 3
6:45pm	Cycle Training	Mary P.	Cycle Studio
7:00pm	Cardio Kickboxing	Perry	Studio 1

THURSDAY			
		Instructor	Location
5:35am	H.I.I.T. (High Intensity Interval Training)	Chris	Studio 3
7:30am	Aqua Fit	Sue	Pool
8:30am	Power Pump	Mary P.	Studio 1
9:30am	Yoga Basics	Gretchen	Studio 2
9:30am	Cardio Step	Mary P.	Studio 1
11:45am	Power Strength	Perry	Studio 1
5:30pm	Power Strength	Adrienne	Studio 1
6:15pm	Aqua Fit	Mary H.	Pool
6:15pm	Barre Principle	Gretchen	Studio 2
6:30pm	Dance Jam	Tina	Studio 1
6:45pm	Cycle Rave	Adrienne	Cycle Studio
7:30pm	Hatha Yoga	Gretchen	Studio 2

FRIDAY			
		Instructor	Location
5:35am	Total Body Workout	Chris	Studio 1
7:30am	Aqua Fit	Sue	Pool
8:30am	The Resistance Workout	Adrienne	Studio 1
9:45am	60/40 Dance Jam	Perry	Studio 1
4:30pm	Zumba	Jan	Studio 1

SATURDAY			
		Instructor	Location
8:15am	Cardio Kickboxing	Perry	Studio 1
8:30am	Total Body Workout	Stephanie	Studio 3
9:30am	Zumba	Jan	Studio 1
9:30am	Yoga Sculpt	Adrienne	Studio 2

SUNDAY			
		Instructor	Location
8:30am	Cycle Training	Mike	Cycle Studio
5:30pm	Hatha Yoga	Terrie	Studio 2

SENIORFIT CLASSES

SeniorFIT classes are free to annual senior members and require registration. If you are not an annual senior member, you may purchase a Group X Card through Parks & Recreation, or a drop-in pass at the lower-level service desk the day of class. See back page for Group X Card information.

MONDAY	ACTIVITY	LOCATION
8:30 A.M.	SeniorFIT Strength Training with Denise	310161-01 Activity Room
10:00 A.M.	SeniorFIT Chair Yoga with Wanda	310163-01 Activity Room
TUESDAY		
8:30 A.M.	SeniorFIT Strength Training with Bridget	310161-02 Activity Room
10:00 A.M.	SeniorFIT Chair Yoga with Sarah	310163-02 Activity Room
WEDNESDAY		
8:30 A.M.	SeniorFIT Chair Yoga with Gretchen	310163-03 Activity Room
THURSDAY		
10:30 A.M.	SeniorFIT Strength Training with Wanda	310161-03 Activity Room
FRIDAY		
8:30 A.M.	SeniorFIT Strength Training with Bridget	310161-04 Activity Room
8:35 A.M.	SeniorFIT Aqua Exercise with Sue	310162-01 Pool
9:45 A.M.	SeniorFIT Chair Yoga with Adrienne	310163-04 Activity Room

NEW Group X Card! See reverse for information.

Updated: 7/17/18

GROUP X CARD

NEW STUDIOS • NEW CLASSES • NEW WAY TO REGISTER!

HOW IT WORKS:

- **To start:** purchase GroupXCard at the Parks & Recreation desk before the session starts.
- Once card has been purchased, reload with Parks & Recreation.
- **To use:** swipe GroupXCard at the kiosks in the lower-level lobby. The kiosk will print a ticket for you to give to the instructor.
- Classes are sold in increments between 5-50 (see table below).
- Go to any class!
- Members receive a 30% discount!



NO EXCUSES • MAXIMIZE FLEXIBILITY • EXCELLENT

WHAT IT COSTS:

QUANTITY	REGULAR	MEMBER (includes 30% discount)	RESIDENT	RESIDENT MEMBER (includes 30% discount)
5 CLASSES	\$42	\$29	\$38	\$27
10 CLASSES	\$83	\$58	\$75	\$53
25 CLASSES	\$207	\$145	\$188	\$132
50 CLASSES <i>5% discount included in price</i>	\$392	\$275	\$357	\$250

There is one GroupXCard allowed per individual. These cards are non-refundable. One-time drop-in passes are still available at the lower-level service desk the day of class. SeniorFIT classes will still require registration.