



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:40 – 6:20am Cycle (07)	5:40 – 6:20am Cycle (09)	5:40 – 6:20am Cycle (07)	5:40 – 6:20am Cycle (09)	5:40 – 6:30am Cycle (07)	
	6:30 – 7:00am CXWorX™ (01)		6:30 – 7:00am CXWorX™ (01)		6:30 – 7:00am CXWorX™ (01)	7:00 – 8:00am Body Pump (03)
	7:45 – 8:45am Everfit (01)	8:00 – 9:00am Yoga (02)	8:15 – 9:10am Yoga (01)	8:00 – 9:00am Zumba (02)	7:45 – 8:45am Yoga (02)	8:10 – 9:10am Step (06)
9:00 – 10:00am Scuba Hut	9:15 – 10:00am Step & Strong (02)	9:15 – 10:00am Cycle (16)	9:15 – 10:00am CXWorX™ (03)	9:15 – 10:00am Cycle (16)	9:15 – 10:00am Cycle (02)	9:30 – 10:00am CXWorX™ (03)
10:15 – 11:30am Cycle (08)	10:00 – 10:45am Body Sculpt (01)	10:00 – 10:45am Cardio Blast (07)	10:00 – 10:45am Body Sculpt (01)	10:00 – 10:45am Cardio Blast (07)	10:00 – 10:45am Body Sculpt (01)	9:30 – 10:00am Yoga Fit (01)
	11:00am – 12:00pm Y Fitness Challenge (01)					
1:00 – 2:30pm MS Social (02)					1:00 – 3:00pm MS Social (01)	
4:00 – 6:00pm Facility Rental						4:00 – 6:00pm Facility Rental
	5:20 – 6:00pm Cycle (08)	5:15 – 6:00pm Pilates (03)	5:30 – 6:15pm Pilates (03)		5:15 – 6:00pm Cycle (08)	
	6:15 – 7:00pm Body Sculpt (02)	6:00 – 7:00pm Body Pump (04)	6:15 – 7:00pm Advanced Core (02)	6:00 – 7:00pm Body Pump (02)	6:00 – 6:30pm Body Sculpt (03)	
	7:00 – 8:00pm Step (03)	7:05 – 8:05pm Yoga (04)	7:00 – 8:00pm Step (03)	7:05 – 8:05pm Yoga (04)	6:30 – 7:00pm Step (01)	
	8:00 – 9:00pm Advanced Core (01)	8:05 – 9:05pm Zumba (01)	8:00 – 9:00pm Body Pump (05)	8:05 – 9:05pm Zumba (01)	7:00 – 8:00pm Body Pump (01)	
			9:10 – 9:40pm CXWorX™ (02)		8:00 – 8:30pm CXWorX™ (04)	

Health & Well-being Program Fees

Program Code	Class Name	Frequency	Member Rate	*Open Rate
02427	Advanced Core	1x/wk (60 min)	FREE	*
02178	Body Pump	1x/wk (60 min)	FREE	*
02176	Body Sculpt	1x/wk (30 min) 2x/wk (45 min) 3x/wk (45 min)	FREE FREE FREE	* * *
02151	Cardio Blast	1x/wk (45 min)	FREE	*
02158	CXWorX™	1x/wk (30 min) 2x/wk (45 min) 3x/wk (45 min)	FREE FREE FREE	* * *
02167	Cycle	1x/wk (45 min) 2x/wk (45 min) 3x/wk (45 min)	FREE FREE FREE	* * *
02372	Everfit	1x/wk (60 min)	FREE	*
02403	Pilates	1x/wk (45 min) 2x/wk (45 min)	FREE FREE	* *
02160	Step	1x/wk (60 min) 2x/wk (60 min)	FREE FREE	* *
02161	Step & Strong	2x/wk (45 min) 2x/wk (60 min)	FREE FREE	* *
02192	Y Fitness Challenge	1x/wk (60 min)	\$65	\$130
02231	Yoga	1x/wk (60 min) 2x/wk (60 min)	FREE FREE	* *
02372	Zumba	1x/wk (60 min) 2x/wk (60 min)	\$15 \$25	*Only available to members *Only available to members

Personal Training

Personal Training is built around your schedule. Must purchase in packages.

Pkg	Member Rate	Open Rate:
1 Session	\$60	\$120
3 Sessions	\$174	\$348
6 Sessions	\$336	\$672
12 Sessions	\$654	\$1,308
18 Sessions	\$954	\$1,908
25 Sessions	\$1,300	\$2,600

Cardiac Follow-Up (02144)

Program designed for patients released from a doctor rehab program to continue with a healthy, active lifestyle.

Fee: Four weeks: \$64
Eight weeks: \$104

**Free programs are reserved for members only. If you would like to participate in these programs, please inquire about our membership options.*

Schedules subject to change without notice.



FitLinxx®

Our digital training partner that takes the “work” out of “working out”. FitLinxx® provides instant training feedback and recommended exercise programs. It also measures your fitness progress

Personal Training

Led by a certified Personal Fitness Trainer who will develop a fitness routine that is tailored to your specific needs, including cardio and strength machines, free weights, stretching, plyometrics, agility drills and sport-specific training.

Wellness Assessment

Our wellness assessment is a fitness evaluation that measures your cardiovascular endurance, body composition, strength and flexibility.

Health & Well-being Classes

Advanced Core/Abs (02427)

Improve your abdominal strength for better posture, appearance and prevention of lower back problems. Includes concentration on hips, thighs, and gluteus. Not recommended for people with chronic neck or back pain.

Body Pump (02178)

BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – fast!

Body Sculpt (02176)

A conditioning class that sculpts your muscles and increases muscular strength and muscular endurance. Classes may use dumbbells, bands, body bars, stability balls, or other tools to sculpt your muscles.

Cardiac Follow-up (02144)

A program designed for patients released from a cardiac rehabilitation program with the intent to continue work towards a healthy, active lifestyle.

Cardio Blast (02151)

A total body workout combining multiple strength and cardio workouts to build strength and burn calories. Classes may use steps, cycles, stability balls, and more to achieve a total body workout.

CXWorX™ (02518)

Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWorX™ is for you! CXWorX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

Cycling (02167)

Indoor cycling class for a guaranteed cardiovascular workout.

Everfit (02372)

Suited for the active older adult; a low impact class with emphasis on stretching, strengthening, joint mobility, flexibility, and balance.

Pilates (02403)

Activate deep muscles, tone, streamline and improve posture with Pilates. Class focuses on total body conditioning with an emphasis on core muscle training and flexibility.

Step (02160) / Step and Strong (02161)

A cardio workout using traditional step choreography with toning and stretching.

Y-Fitness Challenge (02192)

This 10-week weight loss program is for participants that have at least 15lbs to lose and includes a weekly group class led by personal trainer/group ex instructor. Participants will be separated into teams, each having a team captain, and will receive a t-shirt to coordinate them with their team color. Earn points for your team and work together to lose weight! Prizes for top female, male, and team weight loss; and for the team with the most points earned. Were you looking for competition, support, accountability, and true motivation... **Join our next Y Fitness Challenge! Orientation class starts January 9.**

Yoga (02231)

A relaxing but invigorating workout that burns calories, sculpts your body, increases flexibility and promotes a sense of inner calmness.

Zumba (02372)

A fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International music. Featuring aerobic/fitness interval training, instructed by a Zumba certified instructor.