



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 – 6:50am Cycle (02) CS	6:00 – 6:50am Body Sculpt (04) S	6:00 – 6:50am Cycle (02) CS	6:00 – 6:50am Body Sculpt (04) S	6:00 – 6:50am Cycle (02) CS	
	7:30 – 8:30am Pilates (04) PR	6:00 – 7:00am Body Pump (02) PR	8:00 – 9:00am Senior Circuit (02) WC	6:00 – 7:00am Body Pump (08) PR	6:00 – 7:00am Yoga (13) S Level 2	7:45 – 8:45am Body Pump (05) PR
	8:10 – 9:10am Yoga (07) S Level 3/4	8:10 – 9:00am Cycle (04) CS	8:10 – 9:10am Yoga (04) S Level 3/4	8:10 – 9:00am Cycle (01) CS		8:00 – 8:50am Cycle (13) CS
	9:00 – 10:00am Cardio Blast (01) PR	9:00 – 9:30am Body Pump (07) PR	9:00 – 10:00am Walking Club (01) WC	9:00 – 10:00am Cardio Blast (02) PR		
	9:00 – 9:50am Cycle (03) CS	9:10 – 10:10am Pilates (01) S	9:15 – 10:00am Step & Strong (02) PR	9:10 – 10:10am Pilates (02) S	9:00 – 10:00am Body Pump (06) PR	9:00 – 9:50am Yoga (09) PR Level 2
9:15 – 10:15am Yoga (06) S Level 3/4		9:30 – 10:00am CXWorX (01) PR	9:15 – 10:05am Cycle (08) CS			
	9:55 – 10:25am Core Conditioning (01) S	10:15 – 11:15am Yoga (01) S Level 2	9:20 – 10:20am Yoga (12) S Level 1	10:15 – 11:15am Yoga (05) S Level 2	9:15 – 10:15am Zumba Gold (06) S	
	10:10 – 11:10am Body Sculpt (02) PR	10:30 – 11:45am Super Circuit (10) WC	10:10 – 11:10am Body Sculpt (02) PR	10:30 – 11:45am Super Circuit (10) WC	10:10 – 11:10am Body Sculpt (02) PR	
	10:30 – 11:20am Cardio Dance (01) S	11:25am – 12:15pm Everfit (01) S	10:30 – 11:20am Cardio Dance (01) S	11:25am – 12:15pm Everfit (02) S	10:30 – 11:20am Cardio Dance (01) S	
	4:20 – 5:20pm Yoga (02) S Level 1	4:30 – 5:15pm Cycle (06) CS	4:30 – 5:20pm Body Sculpt (03) PR	4:30 – 5:15pm Cycle (06) CS	4:30 – 5:20pm Body Sculpt (03) PR	
	4:30 – 5:20pm Body Sculpt (03) PR	5:30 – 6:30pm Yoga (03) S Level 2	5:30 – 6:30pm Cardio Blast (02) PR	5:30 – 6:30pm Yoga (10) S Level 2	4:30 – 5:30pm Yoga (08) S Level 3/4	
	5:30 – 6:30pm Step & Strong (01) PR	5:30 – 6:30pm Cycle (12) CS		5:30 – 6:30pm Cycle (12) CS		
	6:05 – 7:05pm Yoga (11) S Level 2		6:10 – 7:00pm Tai Chi (02) S	5:30 – 6:00pm Body Pump (04) PR	6:15 – 7:05pm Tai Chi (01) S	Health and Well-being programs will take place in one of the following locations: S = Studio PR = Program Room CS = Cycle Studio WC= Wellness Center
	6:10 – 7:00pm Cycle (07) CS	6:30 – 7:00pm CXWorX (03) PR	6:10 – 7:00pm Cycle (05) CS	6:00 – 6:30pm CXWorX (02) PR		
	7:10 – 8:10pm Zumba (01) S	6:35 – 7:35pm Zumba (02) S	7:05 – 7:55pm Pilates (03) S	6:35 – 7:35pm Zumba (05) S	6:40 – 7:40pm Cardio Blast (04) PR	
	7:15 – 8:15pm Cardio Blast (03) PR	7:20 – 8:20 pm Y-Fitness Challenge (01) PR	7:15 – 8:15pm Body Pump (03) PR		7:10 – 8:10 pm Beginner Belly Dance (01) S	
					8:10 – 9:10 pm Advanced Belly Dance (02) S	

Health & Well-being Program Fees

Program Code	Class Name	Frequency	Member Rate	Youth Member Rate	Open Rate
02356	Beginner Belly Dance/ Advanced Belly Dance	1x/wk	\$19	\$29	\$75
02192	Beginner Weight Training	1x/wk	\$35	\$29	*
02178	Body Pump		FREE		*
02176	Body Sculpt		FREE		*
02151	Cardio Blast		FREE		*
02185	Cardio Dance		FREE		*
02182	Core Conditioning		FREE		*
02158	CXWorX		FREE		*
02167	Cycle		FREE		*
02372	Everfit		FREE		*
02236	Pilates		FREE		*
02374	Senior Circuit		FREE		\$35
02161	Step & Strong		FREE		*
02194	Super Circuit		FREE		*
02135	Tai Chi	1x/wk 2x/wk	\$19 \$34	\$34 \$49	\$75 \$124
02170	Walking Club		FREE		*
02192	Y-Fitness Challenge		\$65		\$130
02230	Yoga		FREE		*
02189	Zumba/Zumba Gold	1x/wk 2x/wk 3x/wk	\$25 \$40 \$55		\$80 \$129 \$178

Personal Training (02140)

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

Y-Fitness Challenge

NEW!
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. If you are looking for competition, support, accountability, and true motivation..Join our next Y Fitness Challenge!

Orientation class is April 3rd at 7:20pm.

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

**In order to receive the second-day discount, you must register in person.

All classes run for 7 weeks with the 8th week being a make-up class if needed.

Schedules subject to change without notice.



Cardiac Follow-up

This program encourages patients released from a cardiac rehabilitation program to continue working towards a healthy, active lifestyle. Meet 1x/wk with a trainer for 8 weeks. Members only.

FitLinxx®

One Free session to learn the use of Fitlinxx system and orientation of equipment. Fitlinxx is a computerized training partner that remembers the user's personal settings, weights, reps and sets. The digital system coaches user's on proper speed and range of motion. It will record your workout and keep track of your progress.

Personal Training

Training sessions are led by a Certified Personal Trainer who will develop a fitness routine tailored to help you reach your specific needs. Training will include one-on-one sessions with trainer incorporating the use of **cardio machines, strength machines, free weights and stretching techniques.**

Health & Well-Being Classes

Beginner Belly Dance/ Advanced Belly Dance (02356)

Get a great cardiovascular workout while dancing to exotic sounds and rhythms. Challenge your body to move in ways you never knew possible.

Beginner Weight Training (02192)

One-hour session for novice or intermediate who want to add change to their Fitlinxx use, or improve their cardio and strength training. Sessions will include the usage of **CARDIO EQUIPMENT, CYBEX STRENGTH EQUIPMENT, GRAVITRON MACHINE** and some mat work. It also may include a RE-Introduction to the Fitlinxx use if you have not been using on a regular basis.

Body Pump (02178)

BODY PUMP™ is the original barbell class that strengthens your entire body. This 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.

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.

Cardio Dance (02185)

A choreographed dance class using low to high impact aerobic dance movements to burn calories.

Core Conditioning (02182)

Focus on abdominal, back and hip exercises to tone the center or "core" of your body.

CXWorX (02158)

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.

Cycle (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 (02236)

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.

Senior Circuit (02374)

This group training class instructs active, older adults on the proper use of free weights, weight machines and cardio equipment. (Medical clearance is required prior to start.)

Step & Strong (02161)

A cardio workout using traditional and innovative step choreography. Some classes may include multiple steps or a strength training component.

Super Circuit (02194)

This is an **INTENSE TRAINING** program — **NOT FOR BEGINNERS**. This one hour circuit training class combines weights and cardio. It is designed to boost metabolism and burn fat. It's pace is brisk and the weights are challenging. Members should have knowledge of **FREE WEIGHT** usage. (Due to limited space, class size is limited to 7 members.) **Weather permitted, the cardio aspect of Super Circuit will take place outside on walking trail.*

Tai Chi (02135)

Fluid movements to help settle and focus the mind, relax the body, and coordinate strength.

Walking Club (02170)

Weather permitting; enjoy an instructor-led, 45 minute walk on our half-mile course. Walk at your own pace. Walk with a friend or come make new friends.

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. If you are looking for competition, support, accountability, and true motivation.. Join our next Y Fitness Challenge! **Orientation class is April 3rd at 7:20pm.**

Yoga (02230)

Level 1

This is a unique Yoga style that adapts Yoga positions and poses through creative use of a chair, wall and other props. The student is able to warm up the body safely and perform Yoga poses with more support and stability. Poses are done seated on the chair or the chair is used for support during standing poses, forward bends, side extensions, balancing, and leg and arm stretches. This therapeutic class is for those who have difficulty getting to and from the floor. Focus is on wellness and breath work. Level 1 Yoga is suitable for all ages.

Level 2

A Yoga class for those who desire a slower-paced class. Combines warm-up, gentler postures and breath awareness to increase movement and vitality and reduce stress. You must be able to get up and down from the floor. A class for beginning as well as continuing students who will be introduced to the fundamentals of basic Yoga postures with attention to both body and breath awareness. Sitting, standing, basic twisting postures and gentle backbends are practiced.

Level 3/4

A class for those who are ready to move to the next level of Yoga practice. Building endurance and introducing more variations of poses. Further refinement of the principles of alignment is practiced to build more strength. Linking breath and movement with flowing sequences; taking a cardio ride with Yoga.

Zumba (02189)

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.

Zumba Gold (02189)

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.