




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8:00 – 8:45am Step & Strong (01)
		9:00 – 10:00am Yoga (01)		9:00 – 10:00am Yoga (02)		8:00 – 8:45am Cycle (10)
9:15 – 10:00am Body Sculpt (01)	9:15 – 10:00am Cycle (09)	9:15 – 10:00am Cycle (02)	9:15 – 10:00am Core Conditioning (01)	9:15 – 10:00am Cycle (05)	9:15 – 10:00am Core Conditioning (02)	9:00 – 10:00am BodyPump (06)
10:15am – 11:00am Pilates (01)		10:15 – 11:00am BodyPump Express (02)	10:15am – 11:00am Pilates (02)	10:15 – 11:00am Cardio Dance (01)		10:00 – 10:30am CXWORX (03)
		11:00 – 11:30am CXWORX (02)				10:15 – 11:00am Cycle (06)
	5:15 – 6:00pm Body Sculpt (02)	5:15 – 6:15pm BodyPump (03)	5:15 – 6:00pm Cardio Blast (01)	5:15 – 6:00pm Circuit Training (01)	5:15 – 6:00pm Body Pump (04)	
	5:15 – 6:00pm Cycle (01)		5:15 – 6:00pm Cycle (04)			
		6:15 – 7:00pm Zumba* (01)		6:00 – 7:00pm BodyPump (05)	6:00 – 7:00pm *Tour de Y (11)	
 <b>Introducing the new Les Mills class, CXWorX!</b>	6:15 – 7:00pm Cycle (07)	6:15 – 7:00pm Cycle (03)	6:15 – 7:00pm Body Sculpt (03)	6:15 – 7:00pm Cycle (08)		
	6:15 – 7:00pm Cardio Kickboxing (01)	6:15 – 7:15pm *Y Fitness Challenge (01)			6:15 – 7:00pm Cardio Kickboxing (02)	
	7:00 – 8:00pm BodyPump (01)	7:15 – 8:00pm Core Conditioning (03)	7:15 – 8:00pm *Zumba (02)	7:15 – 8:00pm Pilates (03)		
	8:00 – 8:30pm CXWORX (01)					* Class has a fee (see below)

### Health & Well-being Program Fees

Program Code	Class Name	Frequency	Member Rate	Youth Member Rate	Open Rate
02178	BodyPump	1x/wk	FREE	FREE	**
02176	Body Sculpt	1x/wk	FREE	FREE	**
02151	Cardio Blast	1x/wk	FREE	FREE	**
02151	Cardio Dance	1x/wk	FREE	FREE	**
02166	Cardio Kickboxing	1x/wk	FREE	FREE	**
02155	Circuit Training	1x/wk	FREE	FREE	**
02182	Core Conditioning	1x/wk	FREE	FREE	**
02158	CXWorX	1x/wk	FREE	FREE	**
02167	Cycle	1x/wk	FREE	FREE	**
02236	Pilates	1x/wk	FREE	FREE	**
02161	Step & Strong	1x/wk	FREE	FREE	**
02167-11	Tour de Y	1x/wk	\$45	\$60	\$90
02192	Y Fitness Challenge	1x/wk	\$65	\$80	\$130
02231	Yoga	1x/wk	FREE	FREE	**
02189	Zumba	1x/wk	\$30	\$45	\$60

PLEASE NOTE: Zumba operates on a 7 week cycle, week 8 is designated for a make-up class, if needed.

#### Personal Training (02140)

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.

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

Pkg	Member Rate	Youth Member Rate	Open Rate
1 Session	\$60	\$75	\$120
3 Sessions	\$174	\$189	\$348
6 Sessions	\$336	\$351	\$672
12 Sessions	\$654	\$669	\$1,308
18 Sessions	\$954	\$969	\$1,908
25 Sessions	\$1,300	\$1,315	\$2,600

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

#### 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.

**FREE FOR MEMBERS**

#### Y Fitness Challenge (02192-01)

Registration begins March 5 (Ages 16+)

This 10-week weight loss program is for participants that have at least 15lbs to lose and includes a weekly group class led by a 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 starts on April 3rd.**

Schedules subject to change without notice.



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### Personal Training

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#### Perry Hall Family Center Age Policy:

- The fitness center and group exercise classes are for members ages 16 and over.
- Members ages 11-15 must have passed the Teen Strength Training Class or be accompanied by an adult in order to use the fitness center.
- Members must be 16 to use the free weight equipment.
- Members ages 11-15, may participate in group exercise classes when accompanied by an adult.

### Health & Well-being Classes

#### BodyPump (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.

#### 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.

#### Cardio Kickboxing (02166)

High intensity cardiovascular workout that combines martial arts, boxing, and aerobics.

#### Circuit Training (02155)

Circuit training is designed to boost metabolism and burn calories by alternating between quick intervals of cardio and strength exercises.

#### Core Conditioning (02182)

An abdominal workout using body weight, stability balls, bands or other tools to strengthen the abs, low back, and hip areas – your “core” muscles.

#### 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)

An instructor led indoor cycling class that includes various drills and cardio challenges for all participant levels.

#### Pilates (02236)

Ages 11+

Participants will focus on total body conditioning with an emphasis on core muscle training and flexibility as a family.

#### Step & Strong (02161)

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

#### Tour de Y (02167-11)

This 7-week cycle program will take you through progressive training to mimic the Tour de France. Weekly classes will focus on different elements such as hills, endurance, and intervals. Program includes instruction on the use of heart rate monitors/heart rate zone training, therefore participants will need to have their own heart rate monitor. The final class will include a 1hr 45min ride to simulate the end of the race. Participants must be 16 years or older.

#### Yoga (02231)

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

#### 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.