



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 – 6:45am Body Pump (01)		5:45 – 6:30am Cycle (05)	5:45 – 6:30am Body Pump Express (08)		8:00 – 8:45am Cardio Kickboxing (02)
9:15 – 10:00am Zumba (01)	9:00 – 10:00am Body Pump (02)	9:15 – 10:00am Cycle (04)	9:00 – 10:00am Circuit Training (02) (Gymnasium)	9:15 – 10:00am Cycle (08)	9:00 – 10:00am Circuit Training (03)	8:00 – 8:45am Cycle (11)
10:15 – 11:00am Cardio Blast (01)	10:15 – 10:45am CXWorX (05)	10:15 – 11:15am Pilates – Basic (03) (Activity Room)	9:15 – 10:00am Cardio Dance (01)	9:15 – 10:00am Pilates – Basic (05) (Activity Room)	10:15 – 11:00am Cardio Blast (04)	9:00 – 10:00am Boot Camp (02) (Gymnasium)
		10:15 – 11:00am Body Sculpt (02)	10:15 – 11:00am Body Pump Express (07)	10:15 – 11:00am Body Sculpt (04)		9:00 – 9:50am Step & Strong (02)
11:15am – 12:00pm Body Sculpt (01)	11:15am – 12:00pm Body Sculpt (06)		11:15am – 12:00pm Core Conditioning (02)	10:15 – 11:15am Yoga (level 1-2) (02) (Activity Room)	11:00am – 12:00pm Body Pump (11)	9:00 – 9:55am Yoga (level 1-2) (03) (Activity Room)
	12:15 – 1:00pm Cycle (02)	12:30 – 1:00pm CXWorX (02)	12:15 – 1:15pm Cycle (06)	11:15am – 12:00pm Everfit (01)	12:15 – 1:00pm Cycle (10)	10:15 – 11:00am Body Pump Express (12)
	1:15 – 1:45pm CXWorX (01)		1:30 – 2:00pm CXWorX (03)	12:15 – 1:00pm Cardio Strength (02)		11:00am – 12:00pm Haidong Gumdo (01)
4:15 – 5:15pm Cycle (01)	4:15 – 5:00pm Zumba (02)	4:15 – 5:00pm Cardio Blast (02)	4:15 – 5:00pm Body Sculpt (03)	4:15 – 5:00pm Body Pump Express (09)	4:15 – 5:00pm Circuit Training (03)	
		5:15 – 6:00pm Core Conditioning (02)	5:15 – 6:00pm Zumba (03)	5:00 – 5:45pm Cardio Dance (02) (Activity Room)	5:15 – 5:45pm CXWorX (05)	
	5:15 – 6:00pm Cycle (03)			5:15 – 6:00pm Cycle (09)		
	6:00 – 7:00pm Pilates – Basic (01) (Activity Room)		6:00 – 7:00pm Y Fitness Challenge (01) (Gymnasium)	6:00 – 6:45pm Kids Yoga (01) (Activity Room)	Y Fit Next Step (02192-07) After completing the Y Fitness Challenge for up to three times, participants should transition into the Y Fit Next Step program. This program is designed to assist participants in continuing their weight loss journey with on-going support and accountability. Y Fit Next Step will include discussion, education, and goal setting in addition to weekly exercise demos to aid in long term healthy lifestyle changes. Class Starts April 3.	
	6:15 – 7:00pm Boot Camp (01) (Gymnasium)	6:00 – 7:00pm Body Pump (06)	6:15 – 7:00pm Cycle (07)	6:00 – 7:00pm 10K Training (01) (Outside)		
	6:15 – 7:00pm Cardio Kickboxing (01)	7:00 – 8:00pm Yoga (level 2-3) (01)	7:15 – 8:15pm Pilates (Basic) (04) (Activity Room)	6:15 – 7:00pm Cardio Blast (03)		
	7:00 – 8:00pm Body Pump (04)	7:00 – 8:00pm Y Fit Next Step (01) (Gymnasium)		7:00 – 8:00pm Body Pump (10)		
	7:15 – 8:00pm Teen Boot Camp (01) (Gymnasium)	7:15 – 8:00pm Circuit Training (01)	8:00 – 9:30pm Adlt Budo-shin Jujitsu (01)	8:00 – 8:30pm CXWorX (04)		

Health & Well-being Program Fees

Program Code	Class Name	Frequency	Member	Youth Member	*Open Rate
02178	Body Pump/Body Pump Express	*	FREE	FREE	*
02176	Body Sculpt	*	FREE	FREE	*
02152	Boot Camp	1x/wk	\$30	\$45	\$60
02127	Budo-shin Adult Jujitsu	1x/wk	\$45	\$60	\$90
02151	Cardio Blast	*	FREE	FREE	*
02185	Cardio Dance	*	FREE	FREE	*
02166	Cardio Kickboxing	*	FREE	FREE	*
02154	Cardio Strength	*	FREE	FREE	*
02155	Circuit Training	*	FREE	FREE	*
02182	Core Conditioning	*	FREE	FREE	*
02158	CXWorX	*	FREE	FREE	*
02167	Cycle	*	FREE	FREE	*
02372	Everfit	*	FREE	FREE	*
02132	Haidong Gumdo (Sword Art)	1x/wk	\$45	\$60	\$90
02232	Kids Yoga	1x/wk	\$30	\$45	\$60
02236	Pilates	1x/wk	FREE	FREE	*
02161	Step & Strong	*	FREE	FREE	*
02555	Teen Boot Camp	1x/wk	\$30	\$45	\$60
02192	Y Fitness Challenge	1x/wk	\$65	\$80	\$130
02192	Y Fit Next Step	1x/wk	\$40	\$55	\$80
02231	Yoga	1x/wk	FREE	FREE	*
02189	Zumba	1x/wk	\$30	\$45	\$60
02195	10K Training	1x/wk	\$30	\$45	\$60

Personal Training

This program is led by a certified Personal Trainer. Personal training is designed around your needs and your schedule. Must purchase in package.

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

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.

*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.

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 & Wellness Classes

Body Pump (02178)

BODY PUMP™ 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.

Boot Camp (02152)

This is a results based program designed for those seeking an intense boost to a regular workout routine. This indoor/outdoor class will help you develop strength, stamina and agility through weight training, calisthenics, obstacle course, core training, running and much more!

Budo-shin Adult JuJitsu (02127)

Skills learned are reality based. Specializes in striking, takedowns, controls and throws.

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.

Cardio Strength (02154)

This power-packed class promotes cardio crosstraining with strength training for a total body workout.

Circuit Training (02155)

A full body workout that includes multiple stations, focusing on a variety of cardiovascular movements and weight training exercises to increase both cardiovascular endurance and muscular strength.

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)

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Cycling (02167)

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

Everfit (02372)

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

Haidong Gumdo (Sword Art) (02132)

The Korean sword art draws from battlefield tactics and techniques to build mental, physical and spiritual development. The Korean combat sword art is a non-contact martial art. Students learn pre-arranged forms, moves, combat drills and meditation, as well as develop discipline, respect and control. Beginner use wooden training swords.

Kid's Yoga (02232)

Ages 7 –11 yrs

A creative yoga adventure for children! A fun and creative class that improves health, concentration and well being. Your child will benefit from increases in self-esteem, body awareness, flexibility and coordination while role playing in this imaginative program.

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.

Step & Strong (02161)

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

Teen Boot Camp (02555)

(Ages 11 – 15 yrs)

A challenging fun fitness class that is a mix of cardio and total body conditioning drills & games.

Y Fitness Challenge (02192)

This **10 week weight loss program** is for participants that have at least 15 lbs 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 4.**

Y Fit Next Step (02192-07)

After completing the Y Fitness Challenge for up to three times, participants should transition into the Y Fit Next Step program. This program is designed to assist participants in continuing their weight loss journey with on-going support and accountability. Y Fit Next Step will include discussion, education, and goal setting in addition to weekly exercise demos to aid in long term healthy lifestyle changes. **Orientation class starts on April 3.**

Yoga (02231)

Level 1-2

Yoga 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 2-3

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.

10-K Training Program (02189)

Work with a running coach to achieve your fitness goals! This 8-week running program will prepare you to participate in the Armed Forces Day Run on May 19th! All participants should be able to complete a 2 mile run prior to registration. **Classes start March 22.**