



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 – 6:30am Cycle (02)	5:45 – 6:45am BodyPump (03)	5:45 – 6:30am Cycle (02)	5:45 – 6:45am BodyPump (03)	5:45 – 6:30am Cycle (01)	
	6:30 – 7:30am Tai Chi (01)	5:45 – 6:45am Bootcamp (01)	6:30 – 7:30am Tai Chi (01)	5:45 – 6:45am Bootcamp (01)		
9:30 – 10:15am Cycle (01)	9:00 – 9:45am SilverSneakers* MSROM (01)	9:00 – 9:45am SilverSneakers* MSROM (01)		9:00 – 9:45am SilverSneakers* MSROM (01)	9:00 – 9:45am SilverSneakers* Cardio Circuit (01)	9:00 – 9:45am Bootcamp (06)
	10:00 – 10:45am Core Conditioning (01)	10:00 – 11:00am Step & Strong (02)	10:00 – 10:45am Core Conditioning (01)	10:00 – 11:00am Zumba (03)	10:00am – 10:45am Body Sculpt (02)	10:00am – 11:00pm Zumba (02)
10:30 – 11:30am BodyPump (01)	11:00am – 12:00pm BodyPump (02)	11:00am – 12:00pm Bootcamp (03)	11:00am – 12:00pm Step & Strong (04)	11:00am – 12:00pm Step & Strong (03)	11:00am – 12:00pm BodyPump (02)	11:15am – 12:15pm Yoga (02)
11:45am – 12:45pm Core Conditioning (02)			11:00am – 12:00pm Tai Chi (02)	11:00am – 12:00pm Tai Chi (03)		
	12:00 – 1:00pm Urban Line Dancing (01)	12:00 – 1:00pm Gentle Yoga (01)		12:00 – 1:00pm Gentle Yoga (01)		
	5:15 – 6:00pm Yoga (01)		5:15 – 6:00pm Yoga (01)			
		5:30 – 6:00pm Core Conditioning (04)		5:30 – 6:00pm Core Conditioning (04)	5:30 – 6:15pm Yoga Athletica (01)	
					5:30 – 6:15pm Family Zumba (01)	
	6:15 – 7:00pm Core Conditioning (03)	6:15 – 7:00pm Zumba (01)	6:00 – 6:45pm Step & Strong (01)	6:15 – 7:00pm Zumba (01)		
	7:15 – 8:00pm Cycle (03)	7:00 – 8:00pm Bootcamp (02)	7:00 – 7:45pm Cycle (03)	7:00 – 8:00pm Bootcamp (02)		

Health & Well-being Program Fees

Program Code	Class Name	Frequency	Member Rate	Youth Member Rate	Open Rate
02178	BodyPump	1x/wk	FREE	FREE	*
02152	Bootcamp	2x per wk	FREE	FREE	*
02182	Core Conditioning	2x per wk	FREE	FREE	*
02167	Cycle	1x, 2x per wk	FREE	FREE	*
02375	SilverSneakers® Cardio Circuit	1x/wk	FREE	FREE	*
02371	SilverSneakers® MSROM	3x/wk	FREE	FREE	*
02161	Step & Strong	2x/wk	FREE	FREE	*
02135	Tai Chi	2x per wk	FREE	FREE	*
02187	Urban Line Dancing	1x/wk	FREE	FREE	*
02231	Yoga	2x per wk	FREE	FREE	*
02231	Yoga Athletica	1x/wk	FREE	FREE	*
02189	Zumba/Family Zumba	1x/wk 2x/wk	\$20 \$35	n/a n/a	\$40 \$70

PLEASE NOTE: Zumba is a 7 week program.

*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!

Personal Training – the best value anywhere!
One-on-one fitness training with a certified personal trainer.

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

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. ONE-TIME ORIENTATION IS FREE FOR MEMBERS.

Personal Training (02140)

Our certified Personal Fitness Trainer will motivate, support and educate members within a positive relaxed atmosphere of total well-being, as they develop an incredible fitness routine that is tailored to your specific needs.

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!

Bootcamp (02152)

This is a results based program where we motivate, coach, encourage and educate women and men of every shape, size and fitness level through a non-intimidating, yet intense fitness program that will change your mind and body forever. In this program you will experience weight training, calisthenics, circuit training, obstacle course, core training, running and much more.

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.

Cycling (02167)

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

Family 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. Open to children age 5 and up. An adult must be present for all children ages 5-16.

SilverSneakers®* Cardio Circuit (02375)

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers®* Muscle Strength & Range of Movement (MSROM) (02371)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Step & Strong (02161)

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

Tai Chi (02135)

Ages 16+ yrs
Fluid movements to help settle and focus the mind, relax the body and coordinate strength.

Urban Line Dancing (02187)

Learn the latest dance steps and exercise at the same time.

Yoga (02231)

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

Yoga Athletica (02231)

Yoga Athletica is a dynamic class that helps improve muscular strength, endurance, balance, flexibility and core with a touch of restorative pose to help rejuvenate active bodies from regular exercise wear and tear.

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.

* The SilverSneakers® Fitness Program is the nation's leading comprehensive Fitness program designed exclusively for older adults. It involves unique physical activity and social oriented programs that address the needs of the Medicare population. To learn about eligibility requirements, check with the member service desk.