



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						8:00 – 9:00am Cardio Step (02)	
						9:00 – 10:00am Cycle (05)	
9:00 – 10:00am Step and Strong (01)		9:30 – 10:30am Body Ball (01)				9:00 – 10:00am Zumba* (01)	
10:00 – 11:00am Pilates* (01)				10:30 – 11:30am Body Pump (04)		10:00 – 11:00am Body Pump (03)	
		11:30am – 12:15pm Core Conditioning (01)		11:30am – 12:15pm Core Conditioning (02)			
<b>Childwatch</b> Open and free to members only ages 6 weeks to 8 years old. Parents are allowed to leave the children for 2 hour time slots and must remain in the center. <b>Mon-Fri</b> 9:00am - 1:00pm 5:00pm – 8:00pm <b>Sat</b> 9:00am - 1:00pm							
		5:30 – 6:30pm Cross Training (01)					
	5:30 – 6:30pm Body Sculpt (01)	5:30 – 6:30pm Cycle (02)	5:30 – 6:30pm Cardio Sculpt (01)	5:30 – 6:30pm Cycle (04)	5:00 – 6:00pm Pilates* (02)		
				5:30 – 6:30pm Zumba* (02)	6:00 – 7:00pm Body Pump (02)		
	6:30 – 7:30pm Step (01)	6:30 – 7:30pm Kickboxing (02)	6:30 – 7:30 pm Yogalates* (01)	6:30 – 7:30 pm Body Pump (01)			
	6:30 – 7:30pm Cycle (06)	7:30 – 8:30 pm Core Conditioning (03)		7:30 – 8:30 pm Kickboxing (03)			

\* Class has a fee (see below)

## Health & Wellness Program Fees

Program Code	Class Name	Frequency	Member Rate	Open Rate
02174	Body Ball	1x/wk	FREE	n/a
02178	Body Pump	1x/wk	FREE	n/a
02176	Body Sculpt	1x/wk	FREE	n/a
		2x/wk	FREE	n/a
		3x/wk	FREE	n/a
02151	Cardio Blast	1x/wk	FREE	n/a
01315	Cardio Sculpt	1x/wk	FREE	n/a
02151	Cardio Step	1x/wk	FREE	n/a
02182	Core Conditioning	1x/wk	FREE	n/a
		2x/wk	FREE	n/a
02154	Cross Training	1x/wk	FREE	n/a
02167	Cycle	1x/wk	FREE	n/a
		2x/wk	FREE	n/a
		3x/wk	FREE	n/a
02166	Kickboxing	1x/wk	FREE	n/a
		2x/wk	FREE	n/a
02236	Pilates	1x/wk	\$35	\$70
		2x/wk	\$60	\$120
02160	Step	1x/wk	FREE	n/a
02161	Step and Strong	1x/wk	FREE	n/a
02229	Yogalates	1x/wk	\$35	\$70
02189	Zumba	1x/wk	\$25	\$50
		2x/wk	\$40	\$80

### Personal Training (02140)

Personal training is built around your schedule. Must purchase in packages. Call for open rates.	Pkg	Member Rate
	1 Session	\$60
	3 Sessions	\$174
	6 Sessions	\$336
	12 Sessions	\$654
	18 Sessions	\$954
	25 Sessions	\$1,300

### 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.

### Ladies Night Out! (02193)

Ladies only weight training class, taught by women, specifically focused on the use of plate loaded machines and free weights.

Join us for a night out!

Dates: 3/3/10 5/5/10  
4/7/10 6/2/10

Time: 7:00 – 8:00 pm

Fee: Member \$15, Open Rate: \$30



## **FitLinxx®**

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## **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 Ball**

A stability ball class using muscle conditioning exercises to focus on the abdominals, back and legs.

### **Body Pump**

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**

A conditioning class that sculpts your muscles and increases muscular strength and endurance.

### **Cardio Blast**

Total body workout combining multiple cardio and strength exercises.

### **Cardio Sculpt**

A class combining an exciting cardio routine with a strength training routine, designed for toning, to give you a full body workout.

### **Cardio Step**

Total Body workout combining multiple cardio and strength exercises.

## **Core Conditioning**

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

## **Cross Training**

Variety of agility, cardio, and toning exercises for overall strength including ab work.

## **Cycling**

Indoor cycling class for a guaranteed cardiovascular workout.

## **Kickboxing**

Cardiovascular workout that combines martial arts boxing and aerobics.

## **Pilates**

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 & Advance Step**

This step class includes a strength training workout using equipment to increase muscular strength.

## **Yogalates**

The best of both mind-body workouts! Increase your focus, flexibility and strength while moving through yoga poses and Pilates mat exercises all in one class!

## **Zumba**

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.