



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15 - 7:00am Cardio Blast (01)	5:45 - 6:30am Cycle (01)	6:00 - 7:00am BodyPump (01)	5:45 - 6:30am Cycle (01)		
	8:45 - 9:45am BodyPump (05)					8:00 - 8:45am Circuit Training (02)
9:30 - 10:15am Cycle (03)		9:00 - 9:45am SilverSneakers® MSROM (01)	9:00 - 9:45am Cardio Kickboxing (01)	9:00 - 9:45am SilverSneakers® MSROM (01)	9:00 - 9:45am Cardio Blast (02)	9:00 - 9:45am Cardio Kickboxing (02)
	10:00 - 10:45am Core Conditioning (01)		10:00 - 10:45am Core Conditioning (01)	10:00 - 10:45am SilverSneakers® YogaStretch (01)	10:00 - 11:00am BodyPump (02)	
11:00am - 12:00pm BodyPump (04)		11:15am - 12:15pm Step & Strong (01)		11:00am - 12:00pm Step & Strong (02)		12:00 - 12:45pm Urban Line Dancing (01)
	5:00 - 5:45pm Circuit Training (01)	5:00 - 6:00pm Step & Strong (03)	5:00 - 5:45am Cardio Blast (03)	5:00 - 6:00pm Step & Strong (03)		
	6:00 - 6:45pm Core Conditioning (02)	6:15 - 7:00pm Body Sculpt (01)	6:00 - 6:45pm Core Conditioning (02)	6:15 - 7:00pm Body Sculpt (01)	6:00 - 7:00pm BodyPump (03)	
	7:00 - 7:45pm Cycle (02)	7:15 - 8:00pm Zumba (01)	7:00 - 7:45pm Cycle (02)	7:15 - 8:00pm Yogalates (01)	7:15 - 8:00pm Yogalates (02)	

Health & Wellness Program Fees

Program Code	Class Name	Frequency	Member Rate	Open Rate
02178	BodyPump	1x/wk	FREE	\$45
02176	Body Sculpt	2x/wk	FREE	\$60
02151	Cardio Blast	1x/wk 2x/wk	FREE FREE	\$45 \$60
02166	Cardio Kickboxing	1x/wk	FREE	\$45
02155	Circuit Training	1x/wk	FREE	\$45
02182	Core Conditioning	2x/wk	FREE	\$60
02167	Cycle	1x/wk 2x/wk	FREE FREE	\$45 \$60
02371	SilverSneakers® MSROM	2x/wk	FREE	\$40
02376	SilverSneakers® YogaStretch	1x/wk	FREE	\$30
02161	Step & Strong	1x/wk 2x/wk	FREE FREE	\$50 \$65
02187	Urban Line Dancing	1x/wk	FREE	\$45
02229	Yogalates	1x/wk	\$35	\$70
02189	Zumba	1x/wk	\$35	\$70

Massage (50 minute session)

Relax at the Y! Relieve stress and anxiety, improve energy and posture, strengthen your immune system and much more with massage therapy.

Member: \$60
Open Rate: \$75

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!

PLEASE NOTE: Yogalates and Zumba are 7 week programs.

Personal Training	Pkg	Member Rate	Open Rate
One-on-one fitness training with a certified personal trainer.	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



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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.

Health & Wellness 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 - and fast!

Body Sculpt (02176)

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

Cardio Blast (02151)

Total body workout combining multiple cardio and strength exercises.

Cardio Kickboxing (02166)

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)

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

Cycling (02167)

Indoor cycling class for a guaranteed cardiovascular workout.

Massage (02145)

Relax at the Y! Relieve stress and anxiety, improve energy and posture, strengthen your immune system and much more with massage therapy.

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.

SilverSneakers® YogaStretch (02376)

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Step & Strong (02161)

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

Urban Line Dancing (02187)

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

Yogalates (02229)

A combination of yoga and Pilates to give your body a great workout.

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 members service desk.