





## Tuesday/Thursday Classes

health & fitness

### **Cycle Core**

**Tues & Thurs @ 9:15 a.m.**

**April 13 – June 3 \$136**

High energy drills like hill climbs, endurance, and speed intervals. Ending the class with a great ab/core workout. **Instructor: Michele**

### **Healthy Backs**

**Tues & Thurs @ 10:30 a.m.**

**March 23<sup>d</sup> - April 29 \$179**

Learn about the spine as well as the muscles relative to the stability of the spine! This is a lumbar spine back care program that focuses on a combination of stretching and strengthening to treat lower back pain and reactivating and retraining core muscles to stabilize the spine. For individuals with stubborn backs due to over use and/or injury. **Instructor: Barb**

### **Spring Tune up**

**Tues & Thurs @ 5:00 p.m.**

**March 30 – May 6 \$102**

This class is a full body workout using a circuit format with alternating stations of cardio and strength exercise. All the toys, including Bosu balls, Balance boards, Tubing weights, ladders and step platforms will be utilized. Exercises will vary from class to class. This fun class will challenge all fitness levels. Let's get ready for summer! **Instructor: Barb**

### **Full Spin**

**Tues & Thurs @ 5:15 p.m.**

**April 12 – June 3 \$136**

This class is a great mix of cycling drills. Motivating music and coaching guarantees a great workout. For all fitness levels. **Instructor: Michelle**

### **Zumba Level 1**

**Tues & Thurs @ 6:15 pm**

**March 30 – May 20 \$150**

New to Zumba? Start off learning the basics before kicking into full gear! A great way to introduce your body to a super fun cardio workout that will shake up your routine! This Latin inspired fitness dance class is all about letting loose and grooving to the music. All fitness levels welcome! **Instructor: Ali**

### **Step Sculpt**

**Tues & Thurs @ 7:15 p.m.**

**March 30 – May 20 \$136**

Uses step and a variety of equipment to achieve a full body tone. For all fitness levels. **Instructor: Don**

### **Cardio Boxing**

**Tues & Thurs @ 7:15pm**

**March 30 – May 20 \$150**

Blow off some steam with this high intensity workout that is sure to make you sweat. A combination of pad work, shadow boxing, and core that will teach you the basics while burning mega calories! **Instructor: Ali**

## Friday Classes

### **Morning Yoga**

**Friday @ 11:00am**

**Drop In \$ 10/class Free For Members**

Unwind and de-stress from your week with a great routine of stretching and relaxation movements.

**Instructor: Laurie**

***This class must have a min. of 5 people signed up to run.***

## Saturday Classes

### **Saturday Morning Live**

**Saturday @ 10:30am**

**Drop In \$ 10/class**

This Saturday class will give you variety, fun and a challenge. Every week a different Instructor will challenge you in a variety of formats – guaranteed to kick start your weekend to a great start. This is a great chance to get a taste of a variety of class styles from Cycling, Muscle Conditioning, Dance to Bootcamps.

***This class must have a min. of 5 people signed up to run.***

## Sunday Classes

### **Cardio Craze!**

**Sunday @ 9:30am**

**Drop In \$ 10/class**

Looking to mix up your routine? Get a weekly cardio blast with this high energy cardio class. Running, jumping, climbing, stepping, spinning—anything can happen in a Cardio Craze. Get ready to burn your boring Sunday into heart pumping fun. Suitable for all levels.

**Instructor: Tracy**

***This class must have a min. of 5 people signed up to run.***