



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**GROUP EXERCISE CLASSES ARE INCLUDED WITH YOUR MEMBERSHIP!
CLASS DESCRIPTIONS CAN BE FOUND ON THE BACK OF THIS FLYER.**

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00am		Tai Chi			Tai Chi
8:00am				Tai Chi	
9:00am	Yoga		Yoga		Yoga
10:00am	Senior Fitness	Tai Chi	Senior Fitness		Senior Fitness
10:15am				Chair Yoga	
5:30pm		Zumba		Zumba	
6:00pm	Cardio Combo		Cardio Combo		
6:30pm	Abs/Core Fusion	Strength Training	Abs/Core Fusion	Strength Training	

WATER FITNESS



	Monday	Tuesday	Wednesday	Thursday	Friday
5:30am	Masters/Tri Swimming		Masters/Tri Swimming		Masters/Tri Swimming
8:00am		Water Fitness		Water Fitness	
11:00am	Water Fitness	Water Fitness	Water Fitness	Water Fitness	Aqua Zumba
11:30am	Masters Swimming		Masters Swimming		Masters Swimming
6:30pm	Masters Swimming	Masters Swimming	Masters Swimming	Masters Swimming	
7:00pm	Water Polo / Underwater Hockey		Water Polo / Underwater Hockey		Underwater Hockey



**BE HEALTHY
BE STRONG
BELONG**

GROUP EXERCISE CLASS DESCRIPTIONS

Class	Length	Description
Tai Chi	45 minutes	An ancient Chinese practice that improves flexibility, agility, and balance. It is also a mental, spiritual and emotional exercise.
Yoga	45 Minutes	A gentle stretch to enhance breath control and core strength. Yoga also promotes mental, physical and spiritual awareness.
Senior Fitness	45 Minutes	A full body workout for active older adults using light weights, resistance bands, and exercise balls.
Strength	45 Minutes	Increase muscular strength and endurance by performing complex movements with dumbbells, barbells, bands and body weight resistance.
Cardio Combo	30 Minutes	A high intensity interval class with either rep scheme or timed intervals to challenge your strength and cardiovascular fitness.
Abs / Core	30 Minutes	Blending yoga and Pilates with strength movements to build a strong core.
Zumba	45 Minutes	Dance fitness class set to Latin and International rhythmic beats. Come dance yourself into shape!
Chair Yoga	Chair Yoga	Practice Yoga postures, breathing techniques, meditation, and relaxation techniques from a chair. This class offers all the benefits of regular Yoga with proper movement of the body and optimum flexibility and health.

Child Development Hours
 Monday / Wednesday / Friday: 11:30am-1:30pm & 4:30pm-8:30pm
 Tuesday / Thursday: 4:30pm-8:30pm