



CLUB HOURS

Mon-Thurs 5am-9pm
 Friday 5am-8pm
 Saturday 7am-5pm
 Sunday 8am-3pm

DAYCARE HOURS

Mon-Sat 8am-12pm
 Mon-Thurs 4pm-7pm

WINTER Schedule 2012

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am		CARDIO SCULPT Nicole	CYCLE Amanda	ULTIMATE CONDITIONING Amanda	CYCLE Meg		
7:00 am						BALLS, BANDS & BELLS Meredith	PILATES Meredith 7:30 CYCLE Amanda 7:30
8:30 am	YOGA Donna 8:15am	BALL SCULPT Cheryl	PILATES Meredith	PILATES Cheryl	PILATES Cheryl	ZUMBA GOLD Vickie	ULTIMATE CONDITIONING Amanda
9:30 am	POWER STEP Amanda	STEP & PUMP Kathryn	ZUMBA SCULPT Kathryn CYCLE Donna	TOTAL BODY PUMP Kathryn	BALLS, BANDS & BELLS Stephanie CYCLE Donna	STRONG STEP Kathryn	STEP & SCULPT Kathryn
10:30 am		PILATES Meredith	YOGA Donna	ZUMBA Vickie	YOGA Gillian	CORE FUSION Meredith	
				KIDS CLASS Ms. Lori 11:30			
4:30 pm		KICKBOX BOOTCAMP Stephanie	STRIDE Stephanie	BALLS BELLS & BANDS Stephanie	PILATES Meredith	ZUMBA Nancy	
5:30 pm		BARBELL BODY BLAST Stephanie CYCLE Donna	20/20/20 Joanne	KICKBOX BOOTCAMP Stephanie	POWER STEP Amanda		
6:30 pm		ZUMBA Taryn	PILATES Cheryl	YOGA Ingrid	BELLY DANCING Donna		



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fitnessInformation

Group Class Description (Classes included in your club membership.)

STRONG STEP: A combination of step and body shaping at varying degrees of intensity. Multi-level.

CARDIO KICK-BOXING: An intense, full body workout combining intervals of cardio kick-boxing and sports specific drills for a power packed hour of endurance and great fun.

CYCLE: Come join the fun!! This upbeat, indoor bike ride dims the lights and cycles you through a self-paced workout modified to your own speed and resistance level. Multi-level.

CARDIO SCULPT: This class begins with 20 minutes of high and low impact easy-to-follow aerobic moves, followed by muscle conditioning using free weights, balls and core strength to sculpt arms, legs and abs. Ending with deep stretch exercise. This class is designed to achieve overall body fitness.

TOTAL BODY PUMP: An awesome muscle enhancing, choreographed weight training routine using adjustable barbells. All levels welcome.

PILATES: Strengthen and lengthen your core. Improves the "power house" for the body while creating balance, endurance, and a longer more aesthetically pleasing look.

YOGA: A gentle approach blending various styles of yoga to improve flexibility, strength and breathing techniques. The posture sequence lengthens and stretches the muscles at the same time it builds strength and lean muscle mass. It can reshape your body and mind! Great for ALL fitness levels.

ZUMBA: A fusion of Latin and international music - dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

ZUMBA GOLD: A ZUMBA class that is geared toward beginners, a slower and more instructional class.

ZUMBA SCULPT: A complete combination of a fun ZUMBA class and a total body sculpt

BELLY DANCING: Belly dance is a non-impact, weight-bearing exercise, which is especially good for women, since it can reduce the risk of osteoporosis. There is minimal stress on knees and feet. The advantage of belly dance is that it is suitable for all ages and body types. It can be as physically challenging as you choose. Many belly dance moves develop the ability to move various muscle groups independently, increasing flexibility in the torso and back.

BALL SCULPT: A great body sculpting and core workout using various size medicine balls, free weights, bands and more. A great workout for all levels

BALLS, BANDS, BELLS: A total body strength training workout using varied equipment.

ULTIMATE CONDITIONING: A high intensity full body workout combining strength & cardio drills. All welcome, modifications are given.

CYCLE & SCULPT: A combination of cardio & strength training all in one hour. Burn calories while cycling through a multi level bike ride then sculpt and tone using weights, bands and other various equipment.

20/20/20: All in 1! 20 minutes of an easy to follow cardio route- 20 minutes of upper body strength training- 20 minutes of lower body strength training and core work. A great total body workout for all.

STRIDE: (Strength & Tone Real Intense Dance Exercise) A fusion of cardio dance with body weighted toning exercises so participants can build cardiovascular endurance and shape their bodies.

KIDS CREATIVE MOVEMENT: Provides children with a variety of experiences to maximize progress in all areas of development: physical, cognitive, social, emotional and artistic! **Ages Toddler-6, \$8/member / \$10 non-member**

PERSONAL TRAINING

One Hour Session	\$80
3 Sessions	\$199
5 Sessions	\$315
10 Sessions	\$575
20 Sessions	\$1075

PILATES PERSONAL TRAINING

One Hour	\$85
3 Sessions	\$225
5 Sessions	\$350
10 Sessions	\$660
20 Sessions	\$1200

CHILD CARE

One Visit	\$6
20 Visits	\$70
One Month Unltd	Inquire

HAIR SERVICES by Jen and Karen Salon Number (508) 539.1050 NAILSERVICES by Brenda (Book at Front Desk!)

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