



Fall 2011 Fitness Schedule

LAND AND WATER CLASSES

Free for Members!!! Non-Members pay \$40!

Zumba	Monday	7:15- 8:15 p.m.
Advanced Conditioning	Monday, Wednesday, Fri	5:00- 6:00 a.m.
Stability Ball & Cycling	Monday, Wednesday, Fri	8:30- 9:30 a.m.
Active Older Adults	Monday, Wednesday, Fri	9:30- 10:30 a.m.
Land Aerobics	Monday, Wednesday	5:15- 6:15 p.m.
Open Water Exercise	Monday, Wednesday	10:30- 11:30 a.m.
Open Water Exercise	Tuesday, Thursday	9:30- 10:30 a.m.
Cardio Aquacise	Monday, Wednesday	6:00- 7:00 p.m.
Deep Water Interval	Monday, Wednesday	6:00- 7:00 p.m.
Flex, Strength, Balance	Tuesday, Thursday	9:00 - 9:45 a.m.
Pilates	Tuesday, Thursday	9:45 - 10:30 a.m.
Aquacise	Tuesday, Thursday	10:30 - 11:30 am.
Arthritic Aquacise	Monday, Wednesday	11:30 a.m.—12:30 p.m.
Arthritic Aquacise	Tuesday, Thursday	11:30 a.m.—12:30 p.m.

Group Cycling Classes

(SEE MEMBER SERVICE DESK FOR SPECIALTY CLASS FEES)

Group Cycling	Monday, Wednesday	5:30- 6:15 p.m.
Group Cycling	Tuesday, Thursday	5:30- 6:15 p.m.
Go at Your Own pace	Monday, Wednesday, Fri	9:30- 10:30 a.m.
Go at Your Own Pace	Monday, Wednesday	12:05- 12:50 p.m.
Go at Your Own Pace	Tuesday, Thursday	6:15 - 7:00 a.m.
Go at Your Own Pace	Tuesday, Thursday	8:00 - 8:45 a.m.
Go at Your Own Pace	Saturday	7:45 - 8:45 a.m.

Specialty Classes

(SEE MEMBER SERVICE DESK FOR SPECIALTY CLASS FEES)

Fitmix Plus!	Monday	6:15- 7:00 p.m.
Hatha Yoga	Monday	6:30- 8:00 p.m.
Hatha Yoga	Wednesday	6:30- 8:00 p.m.
Insanity	Tuesday, Thursday	5:30- 6:20 p.m.
Personal Training	By Appointment	