FITNESS & AQUATICS SCHEDULE

Register Online | Phone | In-Person

SilverSneakers | 8AM

Total Toning | 9:30AM

Get Fit Boot Camp | 5PM







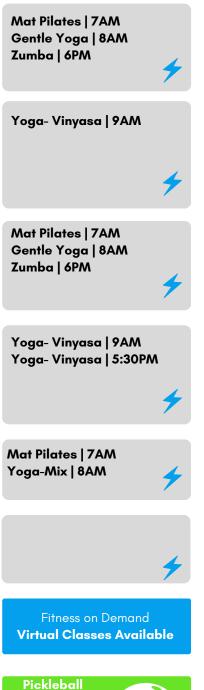




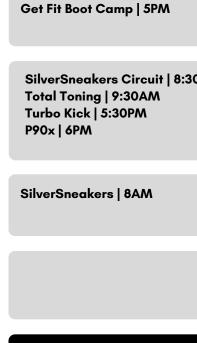


Free with

\$6 Drop In







FITNESS STUDIO



SOCIAL HALL



INDOOR POOL

Hot Tub Closed for Cleaning

all day every other monday

FITNESS CLASS DESCRIPTIONS

SEE THE FRONT DESK FOR QUESTIONS ON CLASS PRICING

50% OFF FOR MEMBERS

FREE FOR MEMBERS

MULTI-CLASS DISCOUNT



BASIC WATER **AEROBICS**



SILVERSNEAKERS CLASSIC



Great flexibility & strength training workout for those wanting to maintain motion, strength & flexibility.

Instructor: Heather Caruthers

INDOOR POOL: TUES/THURS 8:30AM



Fun exercises designed to increase muscular strength, range

of movement & activities for daily living.

Instructor: Brenda Thomas



SILVERSNEAKERS CIRCUIT



Upper-body work with low-impact cardio. Helps build power and endurance through strength training.

Instructor: Brenda Thomas

SOCIAL HALL: TUES/THURS 8:30AM



P90X





Full body workout that includes cardio, lower body, upper body, core/ab, cool down and stretch!

Instructor: Rachel Hufferd

SOCIAL HALL: TUES/THURS 6PM



GET FIT BOOT CAMP



Total body workout that focuses on drills, strength training, cardio, circuits, and core movements.

Instructor: Alisa Wade

SOCIAL HALL: MON/WED 5PM



SPINNING

Come try our Spin class and challenge yourself through varying high intensity spin bike workouts!

Instructor: Brenda Thomas

SOCIAL HALL: TUES 7PM



GENTLE YOGA



A restful practice that holds poses for a longer duration using props. Emphasizes deep relaxation and meditation.

Instructor: Mackenzie Heeney

FITNESS STUDIO: MON/WED/FRI 8AM



INTRO TO PICKLEBALL

GYM: TUE 10AM



This is a beginning pickleball class in which students will develop basic knowledge and skills to play the sport of pickleball.

Instructor: Ron Smith

AQUACISE



If Basic Water Aerobics isn't enough of a workout, try Aguacise & get the workout that is sure to work you out!

Instructor: Theresa Bauer

INDOOR POOL: TUES/THURS 6:30PM, SAT 8:30AM

VINYASA YOGA



Stringing yoga poses together through movement and breath. Vinyasa will increase flexibility, strength, stability and calmness. **Instructor: Mackenzie Heeney**

FITNESS STUDIO: TUES/THURS 9AM

TOTAL TONING



Total body toning, with daily focuses Mon- Arms, Tues- Legs, Wed- Core, Thurs- Cardio **Instructor: Rachelle Moore**

SOCIAL HALL: MON-THURS 9:30AM

TURBO KICK



High-energy cardio workout with choreographed kickboxing inspired moves!

Instructor: Rachel Hufferd

SOCIAL HALL: TUES/THURS 5PM

ZUMBA



Latin & International music combined with dance moves. **Instructor: Kahla Harding**

FITNESS STUDIO: MON/WED 6PM

VINYASA YOGA



Stringing yoga poses together through movement and breath. Vinyasa will increase flexibility, strength, stability and calmness. **Instructor: Libby Brown**

FITNESS STUDIO: THURS 5:30PM