



FITNESS & AQUATICS SCHEDULE

Register Online | Phone | In-Person

MON

Mat Pilates | 7AM
Gentle Yoga | 8AM
Zumba | 6PM



SilverSneakers | 8AM
Total Toning | 9:30AM
Get Fit Boot Camp | 5PM



**Hot Tub Closed for Cleaning
all day every other monday**



TUES

Yoga- Vinyasa | 9AM



SilverSneakers Circuit | 8:30AM
Total Toning | 9:30AM
Turbo Kick | 5:30PM
P90x | 6PM
Spinning | 7PM



Basic Water Aerobics | 8:30AM
-With Heather
Aquacise | 6:30PM
-With Theresa
Swim Lessons | 6-7PM



WED

Mat Pilates | 7AM
Gentle Yoga | 8AM
Zumba | 6PM



SilverSneakers | 8AM
Total Toning | 9:30AM
Get Fit Boot Camp | 5PM



THURS

Yoga- Vinyasa | 9AM
Yoga- Vinyasa | 5:30PM



SilverSneakers Circuit | 8:30AM
Total Toning | 9:30AM
Turbo Kick | 5:30PM
P90x | 6PM



Basic Water Aerobics | 8:30AM
-With Heather
Aquacise | 6:30PM
-With Theresa
Swim Lessons | 6-7PM



FRI

Mat Pilates | 7AM
Yoga-Mix | 8AM



SilverSneakers | 8AM



SAT

Fitness on Demand
Virtual Classes Available



LOCATION KEY
FITNESS STUDIO  SOCIAL HALL  INDOOR POOL 



Aquacise | 8:30AM
-With Theresa



GYM

Pickleball
Free with
Membership
Non-Members
\$6 Drop In



Intro to Pickleball | Tues 10AM
-With Ron



Pickleball Open Play | Thurs
9:30-11:30AM
Pickleball Open Play | Sun
2-4PM



FITNESS CLASS DESCRIPTIONS

SEE THE FRONT DESK FOR QUESTIONS ON CLASS PRICING

50% OFF FOR MEMBERS

FREE FOR MEMBERS

MULTI-CLASS DISCOUNT

NM
\$6

BASIC WATER AEROBICS



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

Instructor: Heather Caruthers

INDOOR POOL: TUES/THURS 8:30AM

NM
\$6

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

NM
\$6

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

NM
\$6

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

NM
\$6

SPINNING

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

Instructor: Brenda Thomas

SOCIAL HALL: TUES 7PM

NM
\$6

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

NM
\$6

INTRO TO PICKLEBALL



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

Instructor: Ron Smith

GYM: TUE 10AM



SILVERSNEAKERS CLASSIC

NM
\$6

Fun exercises designed to increase muscular strength, range of movement & activities for daily living.

Instructor: Brenda Thomas

SOCIAL HALL: MON/WED/FRI 8AM



AQUACISE

NM
\$6

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

Instructor: Theresa Bauer

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



VINYASA YOGA

NM
\$6

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

NM
\$6

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

NM
\$6

High-energy cardio workout with choreographed kickboxing inspired moves!

Instructor: Rachel Hufferd

SOCIAL HALL: TUES/THURS 5PM



ZUMBA

NM
\$6

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