



premium

CLASS SCHEDULE

SEPTEMBER - OCTOBER

7-WEEK CLASSES

Tai Chi

Mind|Body Studio

Mondays • 9-9:45am with Allen L

Learn the discipline of Tai Chi to enhance your performance for all physical activities. Improves balance of body, mind and spirit while increasing strength, flexibility and immunity. Challenge yourself to learn something completely different--the art of relaxation and how effortless power can be available to you for all activities. All ages and abilities benefit from this wise martial arts practice.

Tread & Train

Small Gym

Tuesdays • 5:30-6:30am with Gust P

This intense class will begin on the treadmill using different levels of incline and speed designed to kick your cardio into high gear. For the second half of the class, you will use resistance training to create the perfect balance of cardio and strength training.

Women on Weights

Multipurpose Room

Tuesdays • 6-6:55am with Chris G

Specifically for women, this class will educate and instruct you on strength training techniques using free weights and a variety of equipment. Increase your strength, speed up your metabolism, avoid plateaus and beat boredom. Come join us. All levels welcome.

Prenatal Yoga

Mind|Body Studio

Tuesdays • 7-8pm with Monica S

Designed specifically for expecting or new moms, this distinctive Yoga class provides energizing but gentle Yoga sequences and relaxation. Learn breathing, visualization and meditation techniques appropriate and safe for this time of unique body changes. This class is suitable for complete beginners and those adapting their regular Yoga practice.

Youth Sports Conditioning

Multipurpose Room

Saturdays • 9-10am with Montreal

This class will help kids ages 12-16 years old to begin to achieve their full athletic potential through an intricate blend of endurance, agility, exercise fundamentals and flexibility training. The key to success in athletics is hard work and participation in a broad range of activities. Speed and strength are not inherited; they are taught. Participants will learn how to execute moves with proper form, installing a solid exercise foundation they will use the rest of their lives. Kids will work hard and have a blast as we work our way through the program.

Classes meet once a week for a 7-week session

Fee: \$75 member | \$110 non-member

Drop-In Fee: \$15 member | \$20 non-member

Registration Dates

August 15 - member registration begins

August 16 - non-member registration begins

Sign up for Premium classes at the Front Desk.

