



premium

CLASS SCHEDULE

JULY - AUGUST

7-WEEK CLASSES

Adult Learn to Swim *Pool*
Tuesdays • 12-1pm with Heidi

Have you ever wanted to learn to swim? This class introduces the student to the basics of swimming in a welcoming, non-competitive environment. The class works on overcoming fear of water and includes basic skills such as floating, gliding, kicking, treading water and the basics of the freestyle stroke.

Core Pilates *Mind|Body Studio*
Wednesdays • 4-4:55pm with Tammy

Learn to use your own body weight and small apparatuses for resistance to work the muscles deeper. This full-body, intense workout will light your inner furnace and rev your metabolism.

Cardio Combat *Studio*
Wednesdays • 7-8pm with Rawan

This high-intensity training class is for all fitness levels. The combination of agility, sports conditioning, boxing and kick boxing with adrenaline-pumping music will increase your fat-burning potential, increase strength, improve posture and coordination and reduce stress.

HIIT Like a Girl *PT Studio*
Thursdays • 5:20-6:15am with Tammy

Experience this dynamic, high intensity interval training circuit with a team of powerful women. With all its many benefits, HIIT is popular with everyone – especially women! Women's bodies react differently to HIIT, and their bodies should be trained to maximize efficiency. We'll discuss the research and science of HIIT, how women differ from men in this training program and how to HIIT like a Girl!

TRX for Beginners *PT Studio*
Thursdays • 8:15-8:45am with Tammy

Change the way you train! TRX (total resistance exercise) training will challenge your body like never before to improve strength, balance, flexibility and core stability. This revolutionary group personal training class uses leveraged bodyweight exercises on the TRX strap to transform every skill level and age. This class is geared towards beginners and will focus on TRX fundamentals to deliver a solid workout.

Kids' Yoga *Mind|Body Studio*
Thursdays • 5-5:55pm with Jim

This class will safely introduce your child to Yoga in a fun and challenging way. We'll bark in downward dog, hiss in cobra pose and flutter our wings in butterfly while we take a Yoga journey that your child will never forget!

POUND *Mind|Body Studio*
Thursdays • 7:30-8:30pm with Rawan

Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in the exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

Adult Ballet *Mind|Body Studio*
Fridays • 5-6pm with Anastasia

This class is for those 18 years and older, starting fresh, starting over, or looking to maintain in ballet. This is a great way to get in shape and stay in shape while learning the fundamentals of classical ballet.

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

June 13 - member registration begins

June 14 - non-member registration begins

Sign up for Premium classes at the Front Desk.



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