



premium

CLASS SCHEDULE

SEPTEMBER - OCTOBER

7-WEEK CLASSES

Core Pilates *Mind|Body Studio*
Wednesdays • 3:45-4:40pm 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.

Tai Chi *Mind|Body Studio*
Thursdays • 9-9:45am with Allen

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.

Metabolic Boot Camp
PT Studio
Thursdays • 5:20-6:15am with Tammy

Rev up your metabolism in this Boot Camp! Class will be full of high-intensity interval training with modifications for every participant to work at their current level as they are challenged to move to the next. Expect to see Tabata, running, plyometrics, agility drills and active recovery with weights. Every class will be different to prevent plateaus and keep you motivated. You will continue burning calories for hours after the workout is over.

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!

Adult Learn to Swim *Pool*
Thursdays • 6:45-7:45pm with Kelly

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.

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.

4-WEEK CLASSES

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.

Classes meet once a week for a 7-week session
Fee: \$75 member | \$110 non-member
Drop-In Fee: \$15 member | \$20 non-member

Classes meet once a week for a 4-week session
Half-Hour Fee: \$50 member | \$70 non-member
Drop-In Fee: \$20 member | \$25 non-member

Registration Dates
August 15 - member registration begins
August 16 - non-member registration begins

Sign up at the Front Desk.

