

JUMP circuit= mini

BASIC YOGA - Basic VINYASA Flow

POWER PUMP - STRENGTH TRAINING

FOR THE ENTIRE BODY

Step Aerobics - Traditional step with



RenewActive™
by UnitedHealthcare

Silver Sneakers Classes - SS
DO NOT GO TO THE FLOOR
Classic - Strength, Core, Cardio & flexibility.

Yoga Yoga Poses & Flexibility

STAFFED HOURS

Monday - Thursday
8:00am - 12:00pm
4:30pm - 6:30pm

Friday
8:00am - 12:00pm
4:30pm - 6:00pm

Saturday
8:00am - 10:00am

STAFFED HOURS

August is an ideal time to transition your body and mind back into a structured routine. Incorporating quick daily exercises—such as squats, lunges, planks, and stretches—helps combat the sedentary nature of desk work or studying while boosting energy and focus for the fall.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 ABS & GLUTES Fitness Junkies					YOGA <u>Non-Members</u> Drop-ins \$15.00 5 Punch \$60.00 <u>Member</u> Drop-Ins \$10.00 5 Punch \$45.00 Sit-N-Spin <u>Non-Members</u> Drop-Ins \$15.00 5 Punch \$60.00 10 Punch \$100.00 <u>Members</u> Drop-ins \$10.00 5 Punch \$25.00 10 Punch \$45.00 Boot Camp Spin <u>Non-Member</u> Drop-Ins \$12.00 \$80.00 Month <u>Member</u> Drop-Ins \$10.00 \$40.00 Monthly	
3	4	5	6	7		
8:30 3-2-1 10:30 NO SS YOGA	8:00 *Sit-N-Spin 10:30 SS Classic 5:30 Power Pump	8:30 Jump-N-Pump 10:30 SS Yoga 5:30 *Basic Yoga	10:30 NO CLASS	NO CLASSES		
10	11	12	13	14		
8:30 NO CLASS 10:30 SS Yoga	8:00 *Sit-N-Spin 10:30 SS Classic 5:30 Power Pump	6:00*Boot Camp 8:30 Jump-N-Pump 10:30 SS Yoga 5:30 *Basic Yoga	10:30 SS Classic	6:00 *Boot Camp Spin 8:30 Power Pump		
17	18	19	20	21		
8:30 3-2-1 10:30 SS Yoga	8:00 *Sit-N-Spin 10:30 SS Classic 5:30 Power Pump	6:00*Boot Camp 8:30 Jump-N-Pump 10:30 SS Yoga 5:30 *Basic Yoga	10:30 SS Classic	6:00 *Boot Camp Spin 8:30 Power Pump		
24	25	26	27	28	Boot Camp Spin <u>Non-Member</u> Drop-Ins \$12.00 \$80.00 Month <u>Member</u> Drop-Ins \$10.00 \$40.00 Monthly	
8:30 3-2-1 10:30 SS Yoga	8:00 *Sit-N-Spin 10:30 SS Classic 5:30 Power Pump	6:00*Boot Camp 8:30 Jump-N-Pump 10:30 SS Yoga 5:30 *Basic Yoga	10:30 SS Classic	6:00 *Boot Camp Spin 8:30 Power Pump		
31						
* Denotes extra fees for this class						