

Group Fitness Class Description

JUMP Circuit= mini

trampolines/strength/cardio all in one. Class is divided into a circuit workout. Get overall body with this class.

BASIC YOGA - Basic VINYASA Flow

TRX training tool that leverages gravity and the user's body weight to complete 100s of exercises

POWER PUMP - STRENGTH TRAINING

FOR THE ENTIRE BODY

5-15-15- CLASS IS DIVIDED INTO 15

MINUTES OF CARDIO, 15 MINUTES OF

STRENGTH AND 15 ABS



Silver Sneakers Classes - SS

Classic - Includes strength, core, cardio and flexibility.

Yoga Basic Yoga Poses and Flexibility

*SS Classes DO NOT go to the floor

Monday - Thursday

8:00am - 12:00pm

4:30pm - 6:30pm

Friday

8:00am - 12:00pm

4:30pm - 6:00pm

Saturday

8:00am - 10:00am

* Denotes extra fees for this class

5 Tips for summer Training

1. Stay Hydrated
2. Avoid midday sun
3. Make the most of the weather
4. protect the skin
5. Listen to your body

July 2024

SUMMER BODY

Loading...

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 3-2-1 ¹ 10:30 SS Yoga	11:30am SS ² Classic 5:30pm 15-15-15	8:30am Jump ³ Circuit	⁴ NO CLASSES Happy Independence day	⁵
8:30am 3-2-1 ⁸ 10:30am SS Yoga	11:30am SS ⁹ Classic 5:30pm 15-15-15	8:30am Jump ¹⁰ Circuit	11:30 SS Classic 5:30 NO YOGA	8:30am Power ¹² Pump
8:30am 3-2-1 ¹⁵ 10:30am SS Yoga	11:30am SS ¹⁶ Classic 5:30pm 15-15-15	8:30am ¹⁷ Jump Circuit	11:30 SS ¹⁸ Classic 5:30 Basic Yoga	8:30am Power ¹⁹ Pump
8:30am 3-2-1 ²² 10:30am SS Yoga	11:30am SS ²³ Classic 5:30pm 15-15-15	8:30am Jump ²⁴ Circuit	11:30 SS ²⁵ Classic 5:30 Basic Yoga	NO 8:30 CLASS Board Class
NO 8:30am CLASS! 10:30am SS Yoga	11:30am SS ³⁰ Classic 5:30pm 15-15-15	8:30am Jump ³¹ Circuit	 ABS & GLUTES Fitness Junkies	

The Yoga Studio

Classes can be purchased with punch cards.

Non-Members

Drop-ins \$12.00

5 Punch \$50.00

Members

5 punch \$45.00

There will be no classes in the Yoga Studio this month.

See you next month



Also,

Night classes are only on

Tuesday

&

Thursday

this month.

Come join us and bring a friend to 15-15-15 and or Yoga class :)

346-4641

Staffed Hours