

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

JUMP-N-PUMP - trampolines and strength training mixed in class to get a full body workout

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

Can you do it? Log
250 Minutes of
Cardio in the month
of JULY! Celebrate
our 250th Birthday!



July-26

New Rates For Basic Yoga in
August! See Below!

* Denotes extra fees for this class

Monday	Tuesday	Wednesday	Thursday	Friday
 ABS & GLUTES Fitness Junkies		1 6:00 *Boot Camp 8:30 Jump Circuit 5:30 *Basic Yoga	2 10:30 SS Classic	3 6:00 * Boot Camp/Spin 8:30 NO CLASS
6 8:30 3-2-1 10:30 SS Yoga	7 8:00 * Sit-N-Spin 10:30 SS Classic 5:30 Power Pump	8 6:00 *Boot Camp 8:30 Jump Circuit 5:30 *Basic Yoga	9 10:30 SS Classic	10 6:00 * Boot Camp/Spin 8:30 Power Pump
13 8:30 3-2-1 10:30 SS Yoga	14 8:00 * Sit-N-Spin 10:30 SS Classic 5:30 Power Pump	15 6:00 *Boot Camp 8:30 Jump Circuit 5:30 *Basic Yoga	16 10:30 SS Classic	17 6:00 * Boot Camp/Spin 8:30 Power Pump
20 10:30 SS Yoga	21	22 10:30 SS Yoga 5:30 *Basic Yoga	23	24
27 8:30 3-2-1 10:30 SS Yoga	28 8:00*Sit-N-Spin 10:30 SS Classic 5:30 Power Pump	29 6:00 *Boot Camp 8:30 Jump Circuit 5:30 *Basic Yoga	30 10:30 SS Classic	31 6:00 * Boot Camp/Spin 8:30 Power Pump

Rona is on Vacation

YOGA

Non-Members

Drop-ins \$15.00

5 Punch \$60.00

Member

Drop-Ins \$10.00

5 Punch \$45.00

Sit-N-Spin

Non-Members

Drop-Ins \$15.00

5 Punch \$60.00

10 Punch \$100.00

Members

Drop-ins \$10.00

5 Punch \$25.00

10 Punch \$45.00

Boot Camp Spin

Non-Member

Drop-Ins \$12.00

\$80.00 Month

Member

Drop-Ins \$10.00

\$40.00 Monthly