

Total Fitness Circuit

(Ages 18 +)

This class is set up using alternating stations for cardio and toning exercises. A variety of equipment will be used to give you a challenging workout. Enjoy some time at the end of class to stretch those well-used muscles.

Rec Center, Dance Studio Minimum 6 / Maximum 20

CODE	DAY	DATE	TIME	FEE
309714-01	Tues.	9/1-10/20	6:00-7:00pm	\$48/\$72
309714-02	Tues.	10/27-12/15	6:00-7:00pm	\$48/\$72

Check out special pricing for multiple session classes.

*Drop-in Fee \$7.00 resident / \$10 Non-resident

Yoga Flow

(Ages 18 +)

Yoga strengthens, stretches and unites our bodies, minds and spirits. Flow means to move with ease and grace. Yoga Flow is a flowing dynamic Vinyasa style of yoga that can strengthen the body, increase suppleness, and focus your mind. From gentle to vigorous, Yoga Flow allows each member to practice according to their level and intensity. Instructor, Susan Lindow, is certified through YogaFit Training Systems Worldwide. Please bring mat if possible.

Rec Center, Dance Studio Minimum 6 / Maximum 20

CODE	DAY	DATE	TIME	FEE
309710-01	Tues.	9/1-10/20	7:17-8:15pm	\$48/\$72
309710-02	Tues.	10/27-12/15	7:15-8:15pm	\$48/\$72

Check out special pricing for multiple session classes.

*Drop-in Fee \$7.00 resident / \$10 Non-resident

Fitness Yoga

(Ages 18 +)

This quicker paced yoga class will build strength, flexibility and stamina. You will strengthen muscles using your own body weight as resistance while increasing flexibility through gentle movement. Advanced and beginning modifications will be given to accommodate all fitness levels. This is a great way to jump start your day! Please bring mat if possible.

Rec Center, Dance Studio Minimum 6 / Maximum 20

CODE	DAY	DATE	TIME	FEE
309711-01	Tues.	9/1-10/20	7:17-8:15pm	\$48/\$72
309711-02	Tues.	10/27-12/15	7:15-8:15pm	\$48/\$72

Check out special pricing for multiple session classes.

*Drop-in Fee \$7.00 resident / \$10 Non-resident

SPECIAL RATES FOR MULTIPLE CLASSES IN SAME SESSION

You must register in person if taking multiple session classes.

With Fitness Center, Group Fitness or
Ultimate Fitness Membership

- 1 Session Class 9/1-10/31 Per session: \$30/\$45
- 2 Session Classes 9/1-10/31 Per session: \$45/\$67
- 3 Session Classes 9/1-10/31 Per session: \$67/\$100

- 1 Session Class 10/27-1/9 Per session: \$30/\$45
- 2 Session Classes 10/27-1/9 Per session: \$45/\$67
- 3 Session Classes 10/27-1/9 Per session: \$67/\$100

Without Fitness Center, Group Fitness or
Ultimate Fitness Membership

- 2 Session Classes 9/1-10/31 Per session: \$80/\$120
- 3 Session Classes 9/1-10/31 Per session: \$120/\$180

- 2 Session Classes 10/27-1/9 Per session: \$80/\$120
- 3 Session Classes 10/27-1/9 Per session: \$120/\$180

Zumba + More

(Ages 18 +)

Start your 60 minute workout with this Latin inspired dance/exercise class which combines hypnotic music with tantalizing rhythms for a fun and easy cardio workout. Finish with a segment of body sculpting moves and relaxing stretches.

Rec Center, Dance Studio Minimum 6 / Maximum 20

CODE	DAY	DATE	TIME	FEE
309716-01	Thurs	9/3-10/22	6:00-7:00pm	\$48/\$72
309716-02	Thurs.	10/29-12/17	6:00-7:00pm	\$42/\$63

NO CLASS 11/26

Check out special pricing for multiple session classes.

*Drop-in Fee \$7.00 resident / \$10 Non-resident



Core Focus

(Ages 18 +)

Combine the Core strengthening power of Pilates with the Focus and fluid dynamic movements of Yoga. A complete workout for your body, mind and spirit. All Fitness Levels welcome. Please bring mat if possible.

Rec Center, Dance Studio Minimum 6 / Maximum 20

CODE	DAY	DATE	TIME	FEE
309713-01	Thurs	9/3-10/22	7:15-8:15pm	\$48/\$72
309713-02	Thurs.	10/29-12/17	7:15-8:15pm	\$42/\$63

NO CLASS 11/26

Check out special pricing for multiple session classes.

*Drop-in Fee \$7.00 resident / \$10 Non-resident

Full Body Challenge

(Ages 18 +)

A complete conditioning class that includes aerobic & body sculpting exercises using a variety of equipment along with a stretching segment that will give you the ultimate workout. Women & Men alike will challenge their bodies during this class.

Rec Center, Dance Studio Minimum 6 / Maximum 20

CODE	DAY	DATE	TIME	FEE
309715-01	Sat.	9/12-10/31	7:00-7:45am	48/\$72
309715-02	Sat.	11/7-1/9	7:00-7:45am	\$48/\$72

NO CLASS 11/18 & 12/26

Check out special pricing for multiple session classes.

*Drop-in Fee \$7.00 resident / \$10 Non-resident

Pilates

(Ages 18 +)

Pilates can transform the way your body looks, feels and performs. This mat based Pilates class can help build strength without excess bulk, creating a sleek, toned body while improving flexibility, body awareness and good posture. Pilates is a safe and sensible exercise class that will help you look and feel your very best. No matter what age or condition, it can work for you. Instructor, Susan Lindow, is certified through the Physical Mind Institute.

Rec Center, Dance Studio Minimum 6 / Maximum 20

CODE	DAY	DATE	TIME	FEE
309712-01	Sat.	9/12-10/31	7:45-8:45am	\$48/\$72
309712-02	Sat.	11/7-1/9	7:45-8:45am	\$48/\$72

NO CLASS 11/18 & 12/26

Check out special pricing for multiple session classes.

*Drop-in Fee \$7.00 resident / \$10 Non-resident



Stroller Power

(Adults and children in strollers)

This class incorporates power walking and circuit style strength training using exercise tubes while enjoying time with your child. Bring your child (6weeks through "Stroller Age"), your stroller, a water bottle and a towel or mat for ground exercises. The September to October class will be held in Deicke Park. The October to December class will be held in the REC Center Cafeteria.

Log Cabin in Deicke Park/REC Center Cafeteria
Minimum 8 / Maximum 15

CODE	DAY	DATE	TIME	FEE
309340-01	Thurs.	9/10-10/15	10:15-11:15am	\$48/\$72
309340-02	Thurs.	10/29-12/10	10:15-11:15am	\$48/\$72

NO CLASS 11/28

Stroller Power is not included in special rate promotion.

*Drop-in Fee \$7.00 resident / \$10 Non-resident

