

STAFF HOURS:
 Mon-Thu 8:00am-8:00pm
 Fri- 8:00am-6:00pm
 Sat- 8:00am-12:00 noon

CLUB FITNESS MARCH 2019

CHILDCARE HOURS
 Mon-Fri 8:30am- 12:00 noon
 Mon-Thu 4:00pm-7:30pm
 Sat 9:00am-12:00 noon

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	 Hal F				 Hal F	
8:30 AM			 Tesia	yoga  Jenna 8:45		
9:00 AM	 Cindy S					 Cindy F / Larsen
9:15 AM		Party Spin  Paula D		Party Spin  Paula D		
9:30 AM		Classic  Becky	 Cindy S			
10:00 AM	Cardio, Toning, and Abs Jessica			Classic  Becky	 Jessica	
10:30 AM		yoga  Tesia	 CardioFit 10:45			
11:00 AM	 Cardio Circuit Becky					
12:15 PM	Yoga  Becky 12:00	 Jessica	 Tammy/Melissa	 Jessica		
4:30 PM	 Lucy	 Michele		 Michele		
5:00 PM		 Cindy F		 Cindy F		
5:30 PM	 Cindy S	 Michele		 Ashley		
	 Cindy C		 Cindy C			
6:00 PM		 Mark		 Larson		
6:30 PM	 Melissa		 Party Spin			

STAFF HOURS:
Mon-Thu 8:00am-8:00pm
Fri- 8:00am-6:00pm
Sat- 8:00am-12:00 noon

CLUB FITNESS

CHILDCARE HOURS
Mon-Fri 8:30am- 12:00 noon
Mon-Thu 4:00pm-7:30pm
Sat 9:00am-12:00 noon

Getting to Know Your Classes



BE STRONG. The original weights class that builds strength, tones your body, and pushes you to the limit every time.



Tone up your entire body by moving up, over and around the STEP in highly effective, athletic ways. Step will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy.



Everyone finishes first in Cycling! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!



ZUMBA is a cardio based workout with sculpting exercises designed to tone and sculpt the entire body from top to bottom. Zumba is a FUN dance class great for the body, soul, and mind! It is a mixture of simple Latin, hip-hop, and salsa dance moves! Everyone gets a great workout and has a BLAST in ZUMBA!

Classic



SilverSneakers is a multi-level, equipment based ,total body conditioning class. The overall class objective is to minimize age-related physical deterioration, improve health-related and skill-related physical fitness components to increase functional activities for daily living, and increase a person's sense of well-being in a group exercise setting. Great for beginners!

Cardio Circuit



Combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. This class is easily adapted for any fitness level. A chair is available for standing support and stretching.

Cardio Fit



Get up and go with an aerobics class that is safe, heart healthy and gentle on the joints. The workout includes easy to follow low impact movement, upper body strength, abdominal conditioning, stretching and relaxation exercises designed to build upper body & core strength as well as cardio endurance.



Combines blocks of strength, cardio and core training into one complete and convenient workout. ... The multi-peak workout helps burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.



POUND is a fun group fitness class that combines strength training, cardio, and pilates with drumming. The use of Ripstix, lightly weighted exercise drumsticks, strengthens the core and improves balance and stability. Tone your legs and abs in this ROCKOUT WORKOUT.



Crossfit is a precise way to fitness. By training the athlete to become "fit" in all aspects including nutrition, metabolic conditioning, weightlifting, and gymnastics. It is community based and intensity driven. You WILL GET THE RESULTS YOU DREAMED OF! See the front desk to get started.

CROSSFIT CLASSES are held-

Monday & Wednesday - 8:00A, 9:00A, 4:30P, 5:30P, 6:30P

Tuesday & Thursday - 8:00A, 9:00A, 4:30P, 5:30P, 6:30P

Friday- 8:00A, 9:00A, 4:30P, 5:30P

Saturday - 9:00A -12:00Noon - Open Class

CLUB FITNESS

Thank you for your interest in Club Fitness. Our goal is to provide you and your family with a clean, modern, friendly environment so that you and your family can reach your fitness goals.

ADDITIONAL SERVICES:

Personal Training -see front desk

SilverSneakers YOGA



Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.



The NEW **P90X LIVE** is a predesigned group exercise class like no other. P90X LIVE brings out the inner athlete. It incorporates principles from personal training, functional strength coaching, and small group training and will get you in the best shape of your life!



This class provides a combination of healthy alignment and the freedom to play within familiar and new poses. For beginners through advanced participants.

Work-out a Weigh New! Diet Class- Begins Monday February 4th at 8:30AM. Sign up at the front desk.