

Sit-N-Spin

1. You **can not** call in to reserve a bike. You can reserve a bike **one hour** prior to class, but you have to be in the gym to reserve it.
2. You can pay per class or for a 5 or 10 punch card.

Member rates:

1 Class \$6.00 ---- 5 Classes \$25.00

10 Classes \$45.00

Non-Member rates

1 Class \$12.00 ---- 5 Classes \$55.00

10 Classes \$105.00

BODYJAM By Les Mills

1 class = \$7.00

5 Classes = \$32.50

10 Classes = \$60.00

SilverSneakers®

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>10:30</i> <i>YOGA</i>	<i>11:30</i> <i>MSROM</i>		<i>11:30</i> <i>MSROM</i>	

SilverSneaker® Muscular Strength & range of Movement -

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance, and a chair is used for seated and/or standing support. Each class is 45 minutes.

SilverSneaker® YogaStretch

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

SilverSneaker® Social's

Every month is different, call for details

Class Descriptions

Boot Camp- CALISTHENICS

Gutbusters- ABS,ABS,ABS

Circuit- Step and strength training intervals

Kickfit- Punches, jabs, and kicks

Step-n-Sculpt- Step and strength training

KBC - KickButt Cardio..Anything goes, Crossfit, P90X, Boot Camp!!

3-2-1 - 3 minutes cardio, 2 minutes Strength, 1 minute Core

Step- Step Aerobics

Combo- A little bit of cardio and strength training

***Sit-N-Spin- Group cycling led by an instructor

Power Pump- Overall strength training

Hi/Low- Floor Aerobics

Pilates - Check the schedule, it may be beginner or advanced