

Group Fit Class Descriptions

Muscle Flex: Full body workout targets all the major muscle groups. Get ready for high reps & high weights with breaks in between muscle groups. Total body work out.

Kick Box: This high speed, intense aerobic workout will keep you moving and your heart pumping. Learn kicking and punching sequences while also strengthening the entire body, especially abs and buttocks. Get ready to burn calories and tone muscles.

Boot Camp: A highly motivating, intense circuit class. You will get a full body workout while doing a number of functional movements. Utilize a variety of exercises in one great class that is sure to whip you into shape. Gain functional strength and cardiovascular fitness in this effective and fun workout.

Body Power: This workout offers you safe, high-intensity intervals, muscle conditioning, and a relaxing cool down all in one class! A true head to toe work out that is sure to improve your strength, stamina, balance and coordination.

Cardio STEP: This **High Energy** workout is for all participants with a flair for the step workout. Cardio Step is designed to work all muscle groups, including abdominal..

Pilates: A system of movements designed to stretch & strengthen the muscles simultaneously. The class focuses on Powerhouse (abdominal) strengthening movements so you can efficiently move the entire body. Movements are designed to create good posture and a strong, fit physique.

Instructor's Choice: Instructor and participants experience a variety workout from week to week.

Mat Pilates: A mat class of movements designed to stretch, strengthen, and balance the body. Benefits include posture improvements; healthier breathing; stronger, more flexible muscles; particularly of the abdomen and back; and muscular and mental coordination.

Yoga: This class is for all levels and works toward building strength, flexibility, balance and stamina. Breathing techniques are coupled with the postures to bring you into a relaxed and refreshed state. If you are looking to develop body awareness, increase your range of motion, reduce stress and improve circulation while burning calories in a fun, non-judgmental environment, then this class is for you!

ABSolution: 15 minutes of total concentration on creating great ABS. *Go for ABS of steel . . . for FREE!*

Class Attendance Reminders

1. All participants **MUST CHECK IN** at front desk to receive class pass.
2. **At the beginning of class the instructor will collect Class Passes.**
NO ONE ALLOWED IN Class without a pass; NO ONE allowed in class after warm-up segment.
3. New participants are eligible for ONE (1) FREE CLASS TRYOUT. New participants must notify instructor prior to start of class.

*(*Class descriptions and Schedule subject to change without notice)*

Payment Options

- A. **Current Members" Have Three (3) Options:** (New Semester Option implemented in Sept. 2007)
1. Pay \$15.00 Monthly or on Semester Basis for Unlimited Classes. **(Fall \$30 / Spring \$45 / Summer \$20)**
You must be a Current Recreation Center Member. Expiration is the last day of specified month indicated on sticker.
 2. Series Sale of (10) random classes for \$35.00. Voucher given each time of use indicates remaining number of classes.
 3. Pay \$5.00 Daily Fee per class.
- B. **Non-current Members, but Individuals Who Are "Eligible" for Membership, have TWO (2) Options:**
You must Have ID or Show Proof of Eligibility
1. Purchase class punch card for (10) random classes for \$35.00.
 2. Pay \$5.00 Daily Fee per class.
- C. **Non-Member/Guest:** Anyone who is not eligible for membership, but is a guest of a member must pay the \$5.00 Daily Fee for the class & be Accompanied by the Member when doing so.
Limit of two (2) guests per member. Maximum 40 people per class. Current Members have first priority to attend class.