

Pilates

A conditioning program that helps improve muscle control, flexibility, coordination, muscle strength, and tone. Pilates exercises target the abdomen, back, and buttocks.

Day(s): Tuesday/Thursday

Date(s): Session 1 – September 15, 17, 22, 24
Session 2 – September 29, October 1, 6, 8
Session 3 – October 13, 15, 20, 22
Session 4 – October 27, 29, November 3, 5

Time: Tuesday 10:30 a.m.- 11:30 a.m.
Thursday 9:30 a.m.- 10:30 a.m.

Place: Studio 1 (Thursday), Studio 2 (Tuesday)

Age Requirement: 16 years and up

Fee: \$32.00 Member per session
\$40.00 Resident Non-Member per session
\$48.00 Surrounding Community Non-Member per session

Drop-In Fee:
\$10.00 Member per class
\$12.00 Resident Non-Member per class
\$14.00 Surrounding Community Non-Member per class

Day(s): Saturday

Date(s): Session 1 – September 19, 26, October 3, 10
Session 2 – October 17, 24, 31, November 7

Time: 8:30 a.m.- 9:30 a.m.

Day(s): Monday/Wednesday

Date(s): Session 1 – September 14, 16, 21, 23
Session 2 – September 28, 30, October 5, 7
Session 3 – October 12, 14, 19, 21
Session 4 – October 26, 28, November 2, 4

Time: 7:30 p.m.- 8:30 p.m.

COMING SOON! Pilates Reformer

Pilates Reformer is the perfect complement to your aerobic program. In this small group class each student will work on a reformer, a special apparatus that allows for full range of motion with increasing levels of difficulty. You will be guided through a series of controlled exercises that are specifically tailored to your level of ability. This amazing program will help you to attain a higher level of balance in your exercise program as you simultaneously strengthen and stretch your entire body, ultimately helping you develop greater strength, improved balance, ease of motion, and bone density.

Check the CRC for updates.

Zumba

ZUMBA, developed by Colombian fitness trainer Beto Perez in the 1990's, combines Latin and international music in easy to follow dance routines featuring aerobic and fitness interval training done to a combination of fast and slow rhythms. Zumba fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Day(s): Saturday

Date(s): Session 1 – September 19, 26, October 3, 10
Session 2 – October 17, 24, 31, November 7

Time: 10:00 a.m.- 11:00 a.m.

Place: Gym 2

Age Requirement: 16 years and up

Fee: \$32.00 Member per session
\$40.00 Resident Non-Member per session
\$48.00 Surrounding Community Non-Member per session

Drop-In Fee:
\$10.00 Member per class
\$12.00 Resident Non-Member per class
\$14.00 Surrounding Community Non-Member per class

Day(s): Monday/Wednesday

Date(s): Session 1 – September 14, 16, 21, 23
Session 2 – September 28, 30, October 5, 7
Session 3 – October 12, 14, 19, 21
Session 4 – October 26, 28, November 2, 4

Time: 6:30 p.m.- 7:30 p.m.

Day(s): Monday/Thursday

Date(s): Session 1 – September 14, 17, 21, 24
Session 2 – September 28, October 1, 5, 8
Session 3 – October 12, 15, 19, 22
Session 4 – October 26, 29, November 2, 5

Time: Monday, 9:30 a.m.- 10:30 a.m.
Thursday, 10:45 a.m. - 11:45 a.m.