

Tough and Toned

A challenging high-intensity cardio sculpting class, which blends aerobic activity with free weights and body bars to tone and sculpt your entire body.

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

Place: Gymnasium 2

Age Requirement: 16 years and up

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

Drop-In Fee:

FREE Member per class
 \$12.00 Resident Non-Member per class
 \$14.00 Surrounding Community Non-Member per class

Upper Body Blast

This class is a sculpting class specifically geared towards working the upper body. Work to tone your arms, back, chest, and other trouble areas while working up a sweat to achieving a sleek, defined upper body. The class will incorporate dumbbells, body bars, balls, and bands to teach all levels of exercises. This class is fun and challenging for all levels and ages.

Day(s): Wednesday

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

Time: 9:30 a.m.- 10:30 a.m.

Place: Studio 2

Age Requirement: 16 years and up

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

Drop-In Fee:

FREE Member per class
 \$12.00 Resident Non-Member per class
 \$14.00 Surrounding Community Non-Member per class

Fitness Policy

Tennis shoes or appropriate closed-toe and closed-heel work-out shoes are required. Neither street shoes nor black-soled shoes of any kind are permitted in the GYM, with the exception of black-soled running shoes.

Boot Camp Express

A combination of calisthenics, military-style drills, muscular, and athletic conditioning exercises to provide a challenging calorie torching workout.

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.

Place: Gymnasium 2

Age Requirement: 16 years and up

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

Drop-In Fee:

FREE 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: 8:00 a.m.- 9:00 a.m.

Place: Gymnasium 2

Age Requirement: 16 years and up

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

Drop-In Fee:

FREE Member per class
 \$12.00 Resident Non-Member per class
 \$14.00 Surrounding Community Non-Member per class

