

Butz and Gutz

This is a high energy muscle conditioning class that tones and shapes your hips, thighs, butt, and abdomen. Exercises target and tone your entire core and lower body. This is a fun and stress-relieving way to burn off calories!

Day(s): Monday/Friday

Date(s): Session 1 – September 14, 18, 21, 25
Session 2 – September 28, October 2, 5, 9
Session 3 – October 12, 16, 19, 23
Session 4 – October 26, 30, November 2, 6

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

Cardio Craze

This is an “all cardio” aerobic class. Get your heart rate up and burn fat with a high energy workout which combines both high and low intensity movements. This class can be any combination of hi/lo, kickboxing, step, or BOSU to constantly keep you on your toes. This class is great for all levels!

Day(s): Friday

Date(s): Session 1 – September 18, 25, October 2, 9
Session 2 – October 16, 23, 30, November 6

Time: 10:30 a.m.- 11:30 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

Day(s): Thursday

Date(s): Session 1 – September 17, 24, October 1, 8
Session 2 – October 15, 22, 29, November 5

Time: 5:30 p.m.- 6:30 p.m.

Cardio Kick

This class is a high energy kickboxing class that is designed to improve cardiovascular endurance while strengthening and toning the entire body.

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: Monday 10:30 a.m.- 11:30 a.m.
Wednesday 10:45 a.m.- 11:45 a.m.

Place: Studio 1 (Wednesday), Studio 2 (Monday)

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

20/20/20

20-20-20 is an exciting workout incorporating step, muscle conditioning, and aerobics into one class! This class offers something new and exciting to give you the ultimate well-rounded workout.

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 11:30 a.m.- 12:30 p.m.
Thursday 10:30 a.m.- 11:30 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