

Step

This class is an advanced dynamic choreographed workout that uses coordination to challenge your cardiovascular system.

Day(s): Saturday

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

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): 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.

Senior Fit

Senior Fit is a training class that is designed for seniors to increase stamina, strength, range of motion in joints, and muscular flexibility in a fun and safe environment.

Day(s): Monday/Thursday/Saturday

Date(s): Session 1 – September 14, 17, 19, 21
Session 2 – September 24, 26, 28, October 1
Session 3 – October 3, 5, 8, 10
Session 4 – October 12, 15, 17, 19
Session 5 – October 22, 24, 26, 29
Session 6 – October 31, November 2, 5, 7

Time: 11:00 a.m. – 12 noon

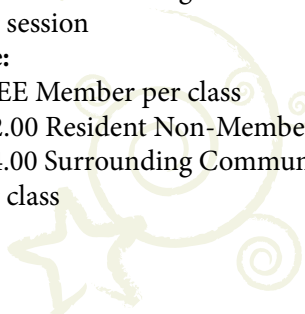
Place: Studio 1

Age Requirement: 62 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



Cycling

Let the instructor and the music motivate you over hills, jumps and various other terrains for a high-intensity workout that is good for all fitness levels!

Day(s): Monday/Wednesday/Friday

Date(s): Session 1 – September 14, 16, 18, 21
Session 2 – September 23, 25, 28, 30
Session 3 – October 2, 5, 7, 9
Session 4 – October 12, 14, 16, 19
Session 5 – October 21, 23, 26, 28
Session 6 – October 30, November 2, 4, 6

Time: 5:45 a.m.-6:45 a.m.

Place: Studio 2

Age Requirement: 16 years and up

Fee: \$16.00 Member per session
\$24.00 Resident Non-Member per session
\$32.00 Surrounding Community Non-Member per session

Drop-In Fee:

\$6.00 Member per class
\$8.00 Resident Non-Member per class
\$10.00 Surrounding Community Non-Member per class



Day(s): Tuesday/Thursday/Saturday

Date(s): Session 1 – September 15, 17, 19, 22
Session 2 – September 24, 26, 29, October 1
Session 3 – October 3, 6, 8, 10
Session 4 – October 13, 15, 17, 20
Session 5 – October 22, 24, 27, 29
Session 6 – October 31, November 3, 5, 7

Time: 9:30 a.m.- 10:30 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: 5:30 p.m.- 6:30 p.m.



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: 7:30 p.m.-8:15 p.m.