



Group Fitness



Weight No More!



Class Fees: \$30 per month unlimited classes, or \$5 per individual class
\$20 per month unlimited classes if participating in only SENIOR classes or \$3 per individual class

Classes subject to change without notice based upon participation

June	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
6:30 am	Indoor Cycling		Indoor Cycling		Indoor Cycling	
8:00 am	Rise & Stretch beginning 6/28					
9:00 am	ZUMBA!!	Pilates	Core, Floor & More	ZUMBA!!	Core, Floor & More	Dance with Sisco
4:30pm		Body Flex		Body Flex		
5:30 pm	Indoor Cycling	ZUMBA!!		Indoor Cycling		
6:30 pm	Dance with Sisco	Cardio Kick-Boxing With Sisco		Cardio Kick-Boxing With Sisco		

Which class are you going to take?

INDOOR CYCLING is offered for those who like to sweat while they ride! Experienced or beginner will enjoy the workout they'll receive from this class, so bring a towel and water bottle and get ready to roll!

FOREVER YOUNG is designed for our older exercisers. This class focuses on arm and leg work through stretching, seated workout routines, strength training and power walking.

ZUMBA are fun, energetic, Latin-based dance class that promises to make your feet happy! You make this class as easy or difficult as YOU like. Just let loose and have fun!

PILATES will improve your core control, posture, coordination and balance. Floor work is done on a mat.

CORE, FLOORE AND MORE is a group strength training class that uses stability balls and bands to give you an intense muscle workout.