### Fitness Schedule 2023

#### Paid Session Classes

**BOOT CAMP AT THE FITNESS COURT:**
- Monday/Wednesday 6:00-7:00am $45.00 starts June 5th
- Monday/Wednesday 6:00-7:00am $35.00 starts July 10th

**YOUTH FIT MOVES 5-9 years old**
- Tue/Thu 10:00-11:00am $45.00 starts June 6th
- Tue/Thu 10:00-11:00am $35.00 starts July 11th

**PRE-TEEN GYM DAYS 10-13 YEARS OLD**
- Tue/Thu 10:00-11:00am $45.00 starts June 6th
- Tue/Thu 10:00-11:00am $35.00 starts July 11th

**TEEN TRAINING IN THE WEIGHT ROOM 13-16**
- Monday/Wednesday 4:00-5:00pm $45.00 Starts June 5th
- Monday/Wednesday 4:00-5:00pm $35.00 Starts July 10th

**Rock Wall Open Climbing**
- Mondays 4:30-6:30pm/ Wednesdays 6:30-8:30pm

#### Personal Training

**30 minute Training Sessions**
- 1 session $24.00
- 3 sessions $60.00
- 5 sessions $90.00
- 10 sessions $160.00

**1 hour Training Sessions**
- 1 session $40.00
- 3 sessions $104.00
- 5 sessions $160.00
- 10 Sessions $290.00

**Group Training Sessions (1 hour)**
- 1 session $25.00
- 3 sessions $72.00
- 5 sessions $110.00
- 10 sessions $180.00

**WATER CLASSES: Free with membership or drop in fee**

**Mon**
- 8:00-8:45am Water Fitness
- 5:30-6:15am Advanced Aqua fitness
- 8:00-8:45am Aqua Fitness
- 6:00-6:45pm Water Fitness

**Tue**
- 8:00-8:45am Water Fitness
- 8:00-8:45am Aqua Fitness
- 6:00-6:45pm Water Fitness

**Wed**
- 8:00-8:45am Water Fitness

**Thurs.**
- 8:00-8:45am Aqua fitness
- 6:00-6:45pm Water Fitness

**Fri**
- 5:30-6:15am Advanced Aqua fitness
- 8:00-8:45am Aqua Fitness

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**Monday**

- 6:00-6:45am Hit the weights (functional training)- Kacy
- 9:00-9:45am Silver Sneakers Classic- Helen
- 9:30-10:00am Cardio Intervals -Mandy
- 10:00-10:40am Story & Stretch - Ages 0-5 Helen
- 10:00-10:45am Tabata- Maribel (bilingual)
- 11:00-11:30am Cycle and Core -Lacie
- 12:10-12:50pm Legs for Days -Lacie
- 5:30-6:00pm Total Body Express -Crystal (meet on the loft)
- 6:15-7:00pm Butts and Guts -Crystal
- 7:15-8:00pm Reb3l Groove - Yessenia (dance fitness)

**Tuesday**

- 5:30-6:15am Cycle and More- Orra
- 9:00-10:00am Yoga- Helen
- 10:00-10:45am Barbell Blast - Maribel
- 11:00-11:30am Back/ Biceps/Abs -Lacie
- 12:10-12:50pm Cycle and Upper Body Tone -Jakkii (bilingual)
- 5:30-6:15pm Circuit Training -Mandy
- 6:15-7:00pm Cycle and Barbells’- Maribel (bilingual)
- 7:15-8:15pm Candle Light Restore -Heather

**Wednesday**

- 5:30-6:15am Stretch and Restore Heather
- 9:00-9:45 am Silver Sneakers Classic- Lacie
- 9:30-10:00am Core and More- Mandy (in the gym)
- 10:00-10:45am Treadmill hills/intervals -Maribel (bilingual)
- 11:00-11:30am Legs for days -Lacie
- 12:10-12:50pm Full Body Tabata -Lacie
- 5:30-6:00pm Butts and Guts -Crystal
- 6:15-7:00pm Arms and Abs -Crystal
- 7:15-8:00pm Reb3l Strength- Yessenia (dance fitness)

**Thursday**

- 5:30-6:15 am Cycle and More- Orra
- 9:00-9:45 am Reb3l dance for Seniors -Yessenia
- 10:00-10:45 am Cycle Tone -Maribel (bilingual)
- 11:00-11:30 am Chest/Tricep/Abs -Lacie
- 12:10-12:50 pm For the love of Cycling- Kacy
- 5:30-6:15pm Circuit Training -Mandy
- 6:15-7:00pm Love to Cycle - Jakkii (bilingual)
- 7:00 -7:30pm Hard Core Abs -Jakkii (bilingual)

**Friday**

- 6:00-6:30am Core and Restore -Kacy
- 9:00-10:00am Silver Sneakers Yoga- Helen
- 10:00-11:00am Deep Stretch -Helen
- 10:00-11:00 am Weight Room Workout -Maribel
- 11:00-11:30am Full Body Tabata -Lacie
- 6:15-7:00pm Reb3l Strength- Yessenia (dance fitness)

**Saturday**

- 9:00-10:00am Yoga with Heather
- 10:15-11:00am Tabata Tone -Jakkii (bilingual)
- 11:15-12:00pm Reb3l Groove Dance Fitness -Yessenia

**Sunday**

- 8:15-9:00am Love to Cycle- Kacy