



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE GROUP EXERCISE CLASSES WITH MEMBERSHIP

Every member receives 1 FREE group exercise class each session!

- Receive 7 FREE Classes a year
- You MUST register for your FREE class
- Must be a minimum of 14 years old to participate
- Space is LIMITED in each class

- Classes are First Come First Serve
- If you miss 4 consecutive days you will be dropped from the class
- Does not include Silver Sneakers Members (please see List of FREE Silver Sneaker classes)

Group Exercise Class Schedule

Monday/Wednesday Classes

Class	Fitness Staff	Time	Day	Location	Price
Y Cycling	Chris Switzer	6:00-7:00am	M,W	MPR	\$35/75
Water Aerobics	Angela Stennett	8:00-9:00 am	M,W,F	TP	\$35/80
Water Aerobics	Mary Elliot	10:00- 11:00 am	M,W,F	TP	\$35/80
Ladies Who Lift	Jake Rubio	8:15-9:15am	M,W	WR	\$25/75
The Deep Pilates	Viriginia Scruggs	8:45-9:35 am	M,W,F	LP	\$35/80
Aerobic Workout Plus	Tiara Taylor	9:00-9:30am	M,W	MPR	\$25/75
Yoga	Patty Nezick	9:00- 10:15am	M,W,F	YCG	\$35/75
Circuit Training	Renee Zimmerman	5:30-6:15pm	M	YC	\$25 /75
Y Cycling	Nick Mesnard	5:45-6:45pm	M,W	SM	\$25/75
Y Cycling	Barbara Niese	6:00-7:00pm	M,W	MPR	\$35/75

Tuesday/Thursday Classes

Class	Fitness Staff	Time	Day	Location	Price
Beginning Yoga & Pilates (18 & Over)	Patty VanDemark	7:00-7:45am	T,TH	SC	\$25/75
Women & Weights (18 & Over)	Patty VanDemark	8:00-9:00am	T,TH	SC	\$25/75
Rhythmic Step	Kristie Stollsteimer	8:45-9:45am	T,TH	SM	\$25/75
Yoga & Pilates (18 & Over)	Patty VanDemark	9:15-10:15am	T,TH	SC	\$25/75
Glutes & Guts	Jake Rubio	12:15-12:45pm	T,TH	SM	\$25/75
Yoga (18 & Over)	Mary Weisgerber	5:45-6:45pm	T,TH	SC	\$25/75
Insanity Live	Tyann Sanchez	5:30-6:15 pm	T,TH	SM	\$25/75
Cross Train & Cycle (FALL II ONLY)	Shelly Rigg	5:30-6:30pm	T,TH	MPR	\$35/75
Y Cycling	Cheryl Rosebrock	6:30-7:30pm	T,TH	MPR	\$35/75
Cardio Drumming	Adreana Lopez	6:30-7:30pm	T,TH	SM	\$25/75



Location Key:

MPR	-Multipurpose Room
SC	-Smart Center
SM	-Small Gym
WR	-Weight Room (Main Branch)
YC	-Youth Center
YCG	-Gym in Youth Center
TP	-Therapy Pool
LP	-Lap Pool

FREE Silver Sneakers Classes (50 & Over)



Classes	Day(s)	Time	Location	Cost
S.S. Arthritis Aquatics (50 & Over)	M,W,F	9:00-9:45 am	Therapy Pool	\$35/80
S.S. Arthritis Aquatics (50 & Over)	T,TH & Choice Of One: M,W,F	9:00-9:45 am	Therapy Pool	\$35/80
S.S. Yoga (50 & Over)	W,F	10:30-11:15 am	MPR	\$25/75
S.S. Range of Motion (50 & Over)	T,TH	10:30-11:15 am	MPR	\$25/75

S.S. Arthritis Aquatics

This class has specially designed exercises in warm water for people with arthritis. These exercises help improve joint flexibility, muscle strength, relieve pain, stiffness, and increase joint mobility.

S.S. Yoga

This class is a series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance & range of movement.

S.S. Range of Movement

Muscle strength, flexibility, and range of motion exercises utilizing resistance bands, exercise balls, and a chair for stability and support. A body in motion stays in motion!

GROUP EXERCISE CLASS DESCRIPTIONS

Aerobic Workout Plus

Low impact, high intensity workout! Floor aerobics plus strengthening exercises with free weights!

Beginning Yoga & Pilates

One day of Pilates & One day of Yoga Improve flexibility, strength, and relaxation.

Cardio Drumming

A low impact, fun workout that helps drum off pounds, aggression and stress!

Circuit Training Class

Come experience a workout that utilizes forms of body conditioning and resistance training while using high-intensity aerobics.

Cross Train and Cycle

Do you want to try cycle but looking for something more. This class includes some lower body and core moves to keep you strong while using cycling to keep your heart rate up.

Glutes & Guts

This thirty minute high intensity class is sure to give you a great workout that will tone and strengthen your back-side and abdominal region.

Insanity Live

Is extreme cardio conditioning for every fitness level. Together, you'll build strength, improve cardiovascular endurance, and develop precision and speed—without lifting a single weight.

Ladies Who Lift

Learn how to properly squat, deadlift, & other toning exercises for those trouble areas.

Pilates

A system of low impact exercises and stretches designed to strengthen muscles of the torso.

Rhythmic Step

Encouraging music with simple moves and adds muscle flexion with a step bench.

The Deep

High Intensity, no impact workout with a floatation device. The exercises are in shallow and deep water, working large muscle groups. Classes are 50 minutes in the competitive lap pool.

Water Aerobics

High intensity, low impact, endurance building aerobic workout. Burn calories while toning and strengthening muscle. Improve balance, coordination, and flexibility.

Women & Weights

Low impact cardio workout with free weights.

Yoga

Physical postures strengthen and tone muscles, and performed in rapid succession providing body sculpting & conditioning.

Yoga & Pilates

One day of Pilates & One day of Yoga Improve flexibility, strength, and relaxation For those who have completed Beginner level.

Y Cycling

Cardio workout to music on specially designed stationary bicycles. Workout towel required.