GROUP FITNESS CLASSES

Group fitness classes are one hour long, which includes ten minutes for stretching and ten minutes for cooling down. Fitness rooms have exercise mats, air conditioning, and sound systems. All instructors are trained professionals, certified in CPR.

Group fitness classes are included in an Exercise Membership. Classes are first-come, first-served (please do not hold spots for friends). Each class accommodates up to 25 attendees, who must be at least 16 years old.

Please turn off cell phones during class. No food or drink (other than bottled water) is allowed in class. Try to arrive at least five minutes prior to the beginning of class and no later than five minutes after class starts.

Fitness Class Descriptions

* Strength: improve muscular strength and endurance with weight room exercises
* Pilates: exercise program focusing on fluid movements and balance
* Yoga: clear the mind and energize the body through various postures
* Spinning: indoor cycling program
* Stepping: condition muscles and increase strength, while moving to music
* Cardio: intense calorie-burning, total body workout
* Toning: develop muscles using light weights and through repetitions

## Fitness Class Schedule

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 7:00 a.m. | Strength | Cardio | Spinning | Pilates | Stepping | Yoga |
| 9:00 a.m. | Yoga | Spinning | Pilates | Strength | Cardio | Toning |
| 11:00 a.m. | Cardio | Pilates | Stepping | Toning | Yoga | Spinning |
| 1:00 p.m. | Spinning | Strength | Yoga | Stepping | Toning | Cardio |
| 3:00 p.m. | Toning | Stepping | Cardio | Yoga | Strength | Pilates |
| 5:00 p.m. | Pilates | Toning | Strength | Cardio | Spinning | Stepping |
| 7:00 p.m. | Stepping | Yoga | Toning | Spinning | Pilates | Strength |

## Fitness Class Tips

# MEMBERSHIP PLANS

All membership plans include access to the locker rooms and steam rooms, childcare services, free wireless Internet, and the juice bar. The club is open seven days a week from 5:00 a.m. until 11:00 p.m.

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| --- | --- | --- | --- |
| Amenities and Programs | Individual | Family |  |
| Exercise | Cardiovascular equipment, strength training equipment, group fitness classes, personal training services, martial arts classes | $ 180 | $ 252 |  |
| Aquatics | Two heated indoor swimming pools, indoor lap pool, one outdoor pool, sauna, whirlpool, swimming lessons, swim teams | $ 156 | $ 216 |  |
| Gymnasium | Walking/running track, eight basketball courts, four volleyball courts, four racquetball courts, leagues, tournaments | $ 120 | $ 192 |  |
| Entire Facility: All Amenities and Programs |  |  |  |