

Fall 2018 Schedule September 4th – December 21st 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO OPEN GYM	OPEN GYM 8 a.m.- Noon 3:00- 7:30 p.m.	OPEN GYM 8 a.m.–Noon. 3:00-7:30 p.m.	OPEN GYM 8 a.m. - Noon 3:00-7:30 p.m.	OPEN GYM 8 a.m. - Noon 3:00-7:30 p.m.	OPEN GYM 8 a.m. - Noon	OPEN GYM 8 a.m. - Noon
2nd Sunday of the Month Restorative Yoga w/Amanda 3:00-4:00 p.m. September 9 th October 14 th November 11 th December 9 th		Total Body Circuit w/Delaine 5:45-6:45 a.m.				Pilates w/Amanda 7:00 -8:00 a.m.
	F.I.T. w/Amy D. 8:15-9:15 a.m.	Chair Class w/David 8:30-9:30 a.m.	F.I.T. w/Amy D. 8:15-9:15 a.m.	Chair Class w/David 8:30-9:30 a.m.	F.I.T. w/Amy D. 8:15-9:15 a.m.	
	Senior Exercise w/Bill 9:30-10:30 a.m.	Yoga w/Barb 9:45 -10:45 a.m.	Senior Exercise w/Bill 9:30-10:30 a.m.	Restorative Yoga w/Barb 9:45-10:30 a.m.	Stretch & Tone w/Bill 9:30-10:30 a.m.	BARGAIN PRICES! Seniors (age 62 & up) Classes ONLY \$2.00* each! Adults Classes ONLY \$2.86* each! *punch card option prices FREE Classes & Open Gym if you have SILVER SNEAKERS
			Pickleball w/Angie 4:00-5:00 p.m. <i>for 8 weeks</i>	TRX w/Bill 10:45-11:45 a.m. MUST Pre-Register Special Pricing 6-week class	O2 Over Drive w/Dawn 12:00-12:45 p.m. MUST Pre-Register Special Pricing 6-week class	
	Small Group PT w/Bill 5:30-6:30 p.m. MUST Pre-Register Special Pricing 6-week class	Yoga w/Barb 5:00-6:00 p.m.	Stretch & Tone w/Bill 5:15-6:15 p.m.	Zumba w/Sarah 5:15-6:15 p.m.		
	Cardio Dance Fitness w/Dawn 6:15-7:15 p.m.	Simply Sweat w/Sarah 6:15-7:15 p.m.				

Cardio Dance Fitness

Instructor: Dawn Wagner

Cardio Hip Hop Dance Party! Where cardio meets club. Let your hair down, get strong, burn tons of calories and reshape your body!

Chair Exercise

Instructor: David Williams

Improves flexibility, stretches muscles, exercises joints and builds muscle strength. A chair is used for standing support, stretching and other exercises.

Total Body Circuit

Instructor: Delaine Young

Circuit training is a resistance and cardio class for everyone. Exercises will consist of body weight exercises, weights, trampolines, TRX, and more.

F.I.T.

Instructor: Amy Duree

A total body strengthening experience. Strength training and cardio though the exercises and equipment will vary to keep it fresh, fun and offer the added benefits of cross training.

O2 Over Drive

Instructor: Dawn Wagner

Must Pre-Register Limit 8 people!

See flyer for pricing!

This class will build cardiovascular fitness, increase endurance and leave you feeling stronger. Using high energy fun music, we will alternate timed body weight drills with progressive treadmill intervals. This class will push your walking/jogging/running limits.

Pickleball

Instructor: Angie Zumwalt

Pickleball is a paddle sport for all skill levels. It combines elements of badminton, ping pong and tennis. The rules are simple and the game is easy for beginners to learn. Class will be held 8 weeks at the beginning of the session and will be outdoors weather permitting. Will be moved indoors if needed.

Pilates

Instructor: Amanda Nordwald

Each class will focus on strength and flexibility, with an emphasis on challenging the core muscles with each movement. Pilates Sculpt is a challenging yet safe method to tone your entire body.

Restorative Yoga

Instructor: Amanda N. & Barb W.

This class is for all seeking a gentle and nourishing practice. Restorative yoga uses props to support the body in positions of ease and comfort to facilitate relaxation and healing.

Senior Exercise (50 & over)

Instructor: Bill Gronemeyer

Class specifically designed with seniors in mind! Includes cardio, chair exercises, weights, stretching, muscle and strength building. Modified, low-impact moves for active older adults.

Simply Sweat!

Instructor: Sarah Ingle

Want to burn calories, improve your cardio, tone and define muscles and DANCE? This is your class!

Small Group Personal Training

Instructors: Bill G.

Must Pre-Register Limit 8 people!

See flyer for pricing!

This is a great way to get personalized attention for a bargain. The group is limited to 8 people and led by a certified personal trainer.

Stretch & Tone

Instructor: Bill Gronemeyer

Stay firm and get more flexible. In this class you'll tone your abs, glutes, legs and arms, whatever your shape or size. Work your muscles to move better, bend more easily and reach higher.

TRX

Instructor: Bill Gronemeyer

Must Pre-Register Limit 8 people!

See flyer for pricing!

Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

Yoga w/Barb

Instructor: Barb Wagener

Yoga class will be a set of postures designed to create balance, strength & flexibility. Prioritizes stillness, relaxation and a calmer state of mind.

Zumba®

Instructor: Sarah Ingle

Zumba® classes are "fitness parties" that blend upbeat rhythms with easy-to-follow steps, for a total-body workout that feels like a celebration!

Open Gym Pass

Access to exercise equipment

Monday thru Thursday

8:00 a.m. to 12:00 p.m. & 3:00-7:30 p.m.

Friday & Saturday 8:00 a.m. to Noon.

Private Personal Trainer Packages

FIRST TIME SPECIAL \$99 for 3 sessions!

1 hr session: \$40 or (3) 1 hr sessions:

\$110

Sessions with a certified personal trainer. 30-minute consultation with the personal trainer is FREE w/ purchase of a package.

OPEN GYM PASS: Access to exercise equipment ONLY

Adults (18-61) - \$102 for entire session thru December or \$55 for ½ session (July-Sept.)

Seniors (62+) and Kids (14-17) - \$75 for entire session thru December or \$40 for ½ session (July-Sept.)

SUPER SENIOR PASS (62+) \$200 for entire session thru December or \$110 for ½ session (July-Sept.)

FULL ACCESS PASS (18-61) \$300 for entire session thru December or \$165 for ½ session (July- Sept.)

Access to any class and unlimited Open Gym during regular hours

PUNCH CARD: Access to **ANY** class (excluding those in **red with special pricing**) or **OPEN GYM**

Adults- \$35 for 11 punches - or - \$60 for 21 punches

Seniors - (62+) or Kids (<18) - \$25 for 11 punches - or - \$42 for 21 punches

(each class or Open Gym is one punch)

DROP-IN FEE: \$5 per Class or Open Gym visit or \$10 per Specialty Class (i.e. those that require pre-registration)