



Winter Hours

As of 10/31/2011 Hours Subject to Change

LAP POOL HOURS & FITNESS ROOM HOURS

MONDAY	5:30AM – 10:00AM	4:00PM – 6:30PM
TUESDAY	5:30AM – 1:00PM	4:00PM – 6:30PM
WEDNESDAY	5:30AM – 1:00PM	4:00PM – 6:30PM
THURSDAY	5:30AM – 1:00PM	4:00PM – 6:30PM
FRIDAY	5:30AM – 10:00AM	4:00PM – 6:30PM

Water Aerobics and Adaptive PE Classes

MON, WEDS, FRI	7:30AM–8:30AM	WATER AEROBICS
MON, WEDS, FRI	9:00AM–10:00AM	SUSAN'S C/R CLASS
TUES, THURS	10:00AM-11:00AM	SUSAN'S C/R CLASS

**SEE DROP-IN FITNESS SCHEDULE (On Back)
FOR FITNESS CLASSES**

Fees

\$6 Drop-in \$60 monthly pass \$50 -10 visit pass \$25 5-visit pass



WINTER DROP-IN EXERCISE CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-6:45 AM	5:45-6:45 AM	5:45-6:45 AM	5:45-6:45 AM	5:45-6:45 AM
TOTAL BODY SCULPT WITH MELISSA	CARDIO-SPIN WITH MELISSA	TOTAL BODY SCULPT WITH MELISSA	CARDIO-SPIN WITH MELISSA	TOTAL BODY SCULPT WITH MELISSA
8:30-9:30 AM	8:30-9:30 AM	8:30-9:30 AM	8:30-9:30 AM	8:30-9:30 AM
STEP AEROBICS WITH DAKOTAH	R.I.P.P.E.D.™ WITH TABITHA OR AIMEE	STEP AEROBICS WITH DAKOTAH	CARDIO-SPIN WITH DAKOTAH	R.I.P.P.E.D.™ WITH TABITHA
			11:00 AM-Noon	8:30-9:30 AM
			 ZUMBA GOLD® WITH TABITHA	CARDIO SPIN WITH AIMEE
	Noon-1:00 PM	Noon-1:00 PM	Noon-1:00 PM	9:30-10:30 AM
	 ZUMBA fitness WITH TABITHA	 ZUMBA fitness WITH DAKOTAH	 ZUMBA fitness WITH TABITHA	 ZUMBA fitness WITH DAKOTAH
4:30-5:30 PM	4:30-5:30 PM	4:30-5:30 PM	4:30-5:30 PM	4:00-5:00 PM
STEP AEROBICS WITH MARIE	CARDIO-SPIN WITH AIMEE	R.I.P.P.E.D.™ WITH AIMEE	BARR CLASS WITH MARIE	 ZumbaAtomic® WITH TABITHA (DROP-IN ONLY)
5:30-6:30 PM	5:30-6:30 PM	5:30-6:30 PM	5:30-6:30	5:30-6:30 PM
NO Class 10/31  ZUMBA toning WITH TABITHA	 ZUMBA fitness WITH DAKOTAH	 ZUMBA fitness WITH TABITHA	 ZUMBA fitness WITH DAKOTAH	 ZUMBA fitness WITH TABITHA
CARDIO-SPIN WITH MARIE		CARDIO-SPIN WITH DINA	CARDIO-SPIN WITH MARIE	

Descriptions

TOTAL BODY SCULPT:

This 60-minute fast-paced class challenges, motivates and utilizes a variety of total body strengthening moves in addition to core strengthening exercises and light cardio. Program relies on three proven principles for increased fitness: variety, intensity and load. Our experienced instructors focus on load bearing exercises that produce stronger, leaner and more flexible muscles.

CARDIO-SPIN:

Enjoy a fun, fast-paced workout with our motivating staff. Take a ride on our spin bikes, listening to high-energy music and enjoying the rush of an energizing 60-minute workout.

R.I.P.P.E.D.

This is not your average exercise class. This high-intensity workout, set to fun music, masterfully combines an easy, yet effective cardiovascular routine interlaced with weights and resistance. It's a combination that drives up your endurance and gets your body moving. R.I.P.P.E.D. will motivate you by giving you a desire to stay fit and live a healthier lifestyle.

(R.I.P.P.E.D. = Resistance, Intervals, Power, Plyometrics, Endurance, Diet)

STEP AEROBICS:

Enjoy a high-energy step workout in our hardwood dance studio with our experienced instructors. Class emphasizes aerobic conditioning, strength training and having fun.

ZUMBA® & ZUMBAtoning® and ZUMBAgold®

Zumba!® fuses hypnotic Latin and world rhythms in easy-to-follow moves to create a one of a kind fitness program. Find out why Zumba!® fanatics achieve long-term benefits while experiencing an absolute blast in one hour of calorie burning, body-energizing movements that engage and captivate.

Zumba Toning® – combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. **Zumba Gold®** targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.