



FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 STRETCH & CORE 9AM AQUA FIT 10:15AM	3 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	4 SPIN 7:45AM BODY BARRE 9AM	5 PILATES 8:15AM TECHNIQUE SWIM 6PM	6 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 9:15AM	7 YOGA 9:30AM
8	9 THANKSGIVING NO CLASSES	10 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	11 SPIN 7:45AM BODY BARRE 9AM	12 PILATES 8:15AM TECHNIQUE SWIM 6PM	13 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 9:15AM	14 YOGA 9:30AM
15	16 STRETCH & CORE 9AM AQUA FIT 10:15AM	17 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	18 SPIN 7:45AM BODY BARRE 9AM	19 PILATES 8:15AM GENTLE YOGA 4PM HIIT 5:30PM TECHNIQUE SWIM 6PM	20 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 9:15AM	21 YOGA 9:30AM
22 YIN YOGA WITH JEN 2-4PM	23 STRETCH & CORE 9AM AQUA FIT 10:15AM	24 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	25 SPIN 7:45AM BODY BARRE 9AM	26 PILATES 8:15AM GENTLE YOGA 4PM HIIT 5:30PM TECHNIQUE SWIM 6PM	27 SPIN 7:45AM BODY BARRE 9AM AQUA FIT 9:15AM	28 YOGA 9:30AM
29 FALL RESTORE YOGA WITH ELISE 2-4PM	30 STRETCH & CORE 9AM AQUA FIT 10:15AM	31 PILATES 8:15AM YOGA 9:30AM FITNESS SWIM 6PM	Class Prices <ul style="list-style-type: none"> • Membership - \$75 (unlimited classes) • 10x Punch Pass - \$110 • Drop In - \$14 Sunday Workshops <ul style="list-style-type: none"> • Homeowner - \$25 • Non-homeowner - \$30 			

CLASS DESCRIPTIONS

SPIN

These classes challenge all fitness levels. Control your own ride through a warm up, sprints, climbs and a cool down. Join us for a high energy fun cardio workout and notice an overall increase in strength and endurance.

BODY BARRE

This class blends light weights & body weight with ballet bar type exercises to tone the body & deep core. Stretching & Fascia release also incorporated.

YOGA

Come experience the tranquility of movement. Empower your mind and strengthen your body as you move through a series of meaningful poses. Bring a water bottle, towel, yoga mat

AQUA FIT

This is a beneficial class for anyone looking to increase strength and flexibility using water resistance. Have fun in the pool while improving overall fitness and balance. A great class appropriate for all fitness levels!

PILATES

Pilates-based workout that will fire your core through a fusion of exercises. Strengthening the body from the inside out, these classes will give you a complete core training program.

INTRO/FITNESS/TECHNIQUE - SWIM

Swimming is an excellent, whole body fitness activity that is easier than you might think. Come out and sample a swimming workout, and see how much fun it can be in a supportive, coached environment. Bring a water bottle, towel