

PROGRAMS

PILATES CLASSES

Pilates is designed to stretch and strengthen muscles without putting stress on joints and ligaments. This class will concentrate on the original Pilates mat exercises and will also include the use of the exercise ball.

Benefits:

- increased flexibility
- increased core strength (abdominal & back muscles)
- better posture
- relief of pain due to tight muscles or stress
- increased energy
- an enhanced sense of well-being

Please call or ask at the front desk for more information



Sept-May Tuesday & Thursday
Beginners/Intermediate
5:30 pm – 6:30 pm
Instructor Kendra Johnson
Call for more info.
(June-Aug Tuesday & Thursday)

6:00-7:00

Cost: \$20 Passholder per month
\$40 Non Passholder per month



Muscular Strength & Range of Movement Class

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Monday & Wednesday

Time: 9:30-10:30 am

Call the Complex at 532-3214 for more details.



NEW!!!!

SilverSneakers® Cardio/Circuit Classes.
Beginning September 1st. Held on Tuesdays & Thursdays from 9:30-10:30 am
\$20.00 Passholder
\$40.00 Non Passholder
Call the Complex at 532-3214 for more info.

AM Fitness Classes w/Dick Carpenter

Monday-Wednesday-Friday

Time: 7am to 8am.

Cost: \$20 per month Passholder
\$40 per month Non-Passholder

CARDIO CLASS w/Kelly Schwartz



September-May
(A mixture of fat burning exercises including step kick boxing and a lot of movement to insure burning lots of calories along with 15 minutes of ab work!)

Monday & Wednesday

Time: 4:00 pm -5:00 pm

Cost: \$20.00 Passholder
\$40.00 Non-Passholder

TONING w/Kelly Schwartz

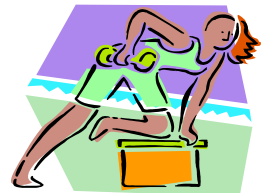
This class may not make you lose your breath. . .but it will tone your abs, legs, derriere, arms and back while burning calories.

September - May

Monday & Wednesday

Time: 5:30 pm – 6:30 pm

Cost: \$20.00 Passholder
\$40.00 Non Passholder



***** Please Note: Cost for any Class is \$6.00 per class if not paying the monthly rate.**