

# \*Fitness Classes\*

**Winter Session – January 4<sup>th</sup> – February 27<sup>th</sup>**

These classes are available for an extra cost



## \$ Zumba

Fusion of Latin and international music-dance themes creating a dynamic, exciting, and effective fitness system! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

Tues & Thu 9:15-10am Riggins Room  
Mon & Wed 5:00pm Riggins Room  
Mon & Wed 7:00pm Davis Room  
Saturday 9-9:45 am Davis Room

## \$ Yoga

This Yoga class focuses on breathing techniques and gentle asana, designed to develop maximum flexibility and strength. Yoga blocks and straps are highly recommended.

**Yoga 1** Mon. 4:30-5:30pm Davis Room

## \$ Kickboxing Fitness and Defense

A fat-shedding and calorie burning, total body workout. Learn the physical and technical levels of training using focus mitts, jump ropes, heavy bags and a variety of equipment. This is the ultimate kickboxing workout that teaches you practical self defense techniques, in a high energy class. No dance style coordination needed class.

Tues & Thurs 6:00-7:00pm Davis Room

## \$ Praisercise/Zumba

Challenging low impact aerobics with a mix of kickboxing, weights and more set to Christian music. Class will also include some Zumba moves.

Thurs. 5:00-6:00pm Davis Room

## \$Weight Management Class – Older Teens and Adults

Challengin Facilitated by a Nutritionist; includes nutrition tips, recipe modification, label reading, supermarket tour, and food and recipe samples. Discuss lifestyle changes, healthy eating and shopping, eating out and exercise, stress relief and more!

Tuesdays 7:00-8:00pm SACC Room  
Program Memb. \$40; Facility Memb.

\$25

## Babysitting While You Workout:

Mon-Friday 8:30am-12pm & 5:30-8:15pm  
Saturday 8:30-11:30am FM: \$1 hr PM: \$1.75hr

## Program Fees

3 Days FM \$46 PM \$80  
2 Days FM \$36 PM \$69  
1 Days FM \$21 PM \$49

# Health & Fitness