



Fitness classes



Winter Session Classes: January 4th – February 27th

***Y Muscle Moves**

Delivers maximum results - jump start your metabolism! Strengthen, condition, define muscle and defy the odds of osteoporosis. A variety of resistance equipment is used to achieve results. This class is suitable for all fitness levels.

Tues. & Thurs. 10:00-11:00am

Davis Room

Mon. & Wed. 6:00- 7:00pm

Riggins Room

Tues. & Thurs. 7:05-8:05pm

Riggins Room

***Strength Training & Flexibility**

Sculpt your body with this unique workout, beginning with an invigorating cardiovascular warm-up, followed by upper and lower body strength training exercises, integrated with a relaxing cool-down segment using basic Pilates moves, emphasizing on core strength and stretching techniques. This class will bring results in the way you look and feel....inside and out!!!

Mon., Wed., & Fri. 9:15-10:15am

Davis Room

***Steppin' Mix**

This is the class that will deliver results! Full of energetic step choreography, with a full body workout, including strength conditioning and floor exercise.

Mon & Wed 7:05-8:05pm; Sat 8:00-9:00am **Riggins Room**

***Fitness Exploration with Brenda**

Looking for a challenge in life to be fit? This is the class for you. The use of Pilates, yoga, muscle moves, and kick boxing are used in this class. Weights, resistance bands, and 2lb or 5lb balls are use for strength and toning.

Mon, Wed, & Fri 9:15- 10:15am

Riggins Room

***Family Nutrition Series**

Facilitated by a Nutritionist; Each week we will discuss different topics that includes healthy eating on the go, healthy food shopping on a budget, making healthy snacks and more. Please sign up at the front desk to secure your spot.

Tues. 6:00-7:00pm (Prog. Mem. \$30) **SACC Room**

***Group Cycling**

Get in shape starting today. Lose body fat and gain strength. You will burn tons of calories! It's a workout for any level of fitness. You will keep to the music's beat and enjoy the best 45 minutes of your day! You'll be ready for the road or anything else after this fun, high-energy workout.

Tuesday & Thursdays:

Rotary Room

5:45am, 12:30pm, 4:00pm (**Express**), 5:45pm, 6:45pm; Saturday 9:00am

Please see back

Full members get one free adult exercise per session