

Class Descriptions

ADULTS Jump-n-Sculpt

This upbeat cardio jump rope class can be as challenging or light as you make it. With or without a rope. Uses weight, bands and tubes for sculpting. No experience necessary.
When: Mondays 9:00-9:45 am **Where:** Gym 1

Kickbox

A great workout that's fun! Combines martial arts with boxing moves. Strength exercises included for a total body workout.
When: Tuesday & Thursday 5:30-6:30 pm **Where:** Gym 1

Cardio Blast

Upbeat and fun, this is a total body conditioning class. Using many props and weather permitting, class will run outside. Be ready to work!
When: Wednesdays 9:00-9:45 am and Fridays 9:00-10:15 am **Where:** Gyms 1 and 2

Yoga/Pilates

Combinations of flexibility, strengthening and relaxation exercises. Learn techniques for breathing and relaxation. Experience a healthier body!
When: Tuesday 5:30-6:30 pm and Friday 9:30-10:30 am **Where:** BO Rm 2 **Paid class** (see flyer)

Total Tone

This fun-filled class is designed to strengthen, sculpt and tone your total body using weights, stability, balls, tubes and more. All fitness levels welcome!
When: Monday & Wednesday 9:50-10:35 am **Where:** Gym 1

Fitness Fusion

A 60-minute beginner to advanced level cardio workout using a variety of props. Toning and strength included!
When: Monday & Wednesday 5:30-6:30 pm **Where:** Gyms 1 and 2

Plyo-Mix

Plyometric and strength drills with anaerobic phases. Provides variety to your workout. Improve ability to run, jump and move through life with great strength and fewer injuries!
When: Tuesday & Thursday 9:15-10:00 am **Where:** Gym 1

Get Movin'

Have fun and move to the music with a variety of exercises. Easy, low impact moves can be done at any level of intensity. Class formatted for men and women. Strength segment included.
When: Saturdays 9:30-10:30 am **Where:** Gym plus the track

Elite Boot Camp

Are you ready for an adventure? This 90-minute class is not for the new exerciser! Come find out what your body can do! We will be outside (rain or shine) doing running drills, push-ups, upper and lower body drills, jump rope drills and much more.
Starts: Spring 2007 **Paid class** (watch for flyer)

Saturday Surprise

Come ready to work and be surprised! This 60-minute workout will be challenging and fun. You never know what you'll get—we just guarantee a great workout! Let's have some fun!
When: Saturdays 8:30-9:30 am **Where:** Gyms 1 and 2

Basic Workout

A 50-minute beginner to intermediate level cardio class incorporating high and low cardio and toning. Mostly low impact moves and every class will have a strength segment included.
When: Monday & Wednesday 9:15-10:15 am **Where:** Auditorium

Basic Workout for Seniors

A 50-minute beginner to intermediate level cardio class incorporating high and low cardio and toning. Mostly low impact moves and every class will have a strength segment included.
When: **Where:**

Walk-n-Tone for Seniors

Have fun and walk your way to fitness! Upper and lower body toning exercises using light weights, tubes and bands.
When: Tuesday & Thursday 10:45-11:45 am **Where:** Gyms 1 and 2

PRE-SCHOOL Play-n-Read

Fun and active fitness for ages 3 through 5 years. Each class will include a theme and a story. Plenty of "gym time" provided. We suggest dropping off your child and going to the Total Tone class!
When: Monday & Wednesday 9:50-10:35 am **Where:** Gym 2 **Paid class** (see flyer)

GRADE SCHOOL Fun-n-Games

Fun, physical gym activities and games for kids grades 1 through 5. Organized gym time to get kids moving.
When: Monday & Wednesday 4:15-5:00 pm **Where:** Gym 2 **Paid class** (see flyer)

JR HIGH SCHOOL Jr High Dodgeball

Have some fun and show your competitive side! Calling all 6 through 8 graders: come join us for some organized games of dodgeball.
When: Monday & Wednesday 4:15-5:00 pm **Where:** Gym 1 **Paid class** (see flyer)

Fitness Schedule

Check Program Listings and Class Descriptions for locations.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Open Gym 5:00-8:45 am		Open Gym 5:00-9:00 am		Open Gym 5:00-8:45 am		Open Gym 5:00-9:00 am		Open Gym 5:00-8:45 am		Open Gym 6:00-8:00 am	
Jump-n-Sculpt 9:00-9:45 am		Basic Workout 9:15-10:15 am		Cardio Blast 9:00-9:45 am		Basic Workout 9:15-10:15 am auditorium		Cardio Blast 9:00-10:15 am		Saturday Surprise Workout 8:15-9:30 am	
Total Tone 9:50-10:30 am		Play-n-Read 9:50-10:30 am		Plyo-Mix 9:15-10:30 am gym 1		Total Tone 9:50-10:30 am gym 1		Play-n-Read 9:50-10:30 am gym 2		Yoga 9:30-10:30 am	
Total Tone 9:50-10:30 am		Plyo-Mix 9:15-10:30 am gym 1		Total Tone 9:50-10:30 am gym 1		Play-n-Read 9:50-10:30 am gym 2		Plyo-Mix 9:15-10:30 am gym 1		Get Movin' Workout 9:30-10:30 am	
Open Gym 10:30-4:00 pm		Walk-n-Tone Seniors 10:45-11:45 am		Open Gym 10:30-4:00 pm		Walk-n-Tone Seniors 10:45-11:45 am		Open Gym 10:30 am-10:00 pm		Open Gym 10:30-9:00 pm	
Open Gym 12:00-5:00 pm		Open Gym 12:00-5:00 pm		Open Gym 12:00-5:00 pm		Open Gym 12:00-5:00 pm		Open Gym 10:30 am-10:00 pm		Open Gym 10:30-9:00 pm	
Jr High Dodgeball 4:15-5:00 pm gym 1		Fun-n-Games 4:15-5:00 pm gym 2		Jr High Dodgeball 4:15-5:00 pm gym 1		Fun-n-Games 4:15-5:00 pm gym 2		Jr High Dodgeball 4:15-5:00 pm gym 1		Fun-n-Games 4:15-5:00 pm gym 2	
Fitness Fusion 5:30-6:30 pm		Kickbox 5:30-6:30 pm		Yoga 5:30-6:30 pm		Fitness Fusion 5:30-6:30 pm		Kickbox 5:30-6:30 pm		Open Gym 5:30-6:30 pm	
Open Gym 6:30-10:00 pm		Open Gym 6:30-10:00 pm		Open Gym 6:30-10:00 pm		Open Gym 6:45-10:00 pm		Open Gym 6:30-10:00 pm		Open Gym 6:30-10:00 pm	