



**BUSINESS HOURS:** Monday - Thursday 8:30 A.M. to 12:30 A.M. and 2:00 P.M. to 6:00 P.M.  
Friday 8:30 A.M. to 12:30 A.M. and 2:00 P.M. to 5:00 P.M

**TANNING BED HOURS**

Monday – Friday 4:00 A.M. to 9:00 P.M.

**INFRARED SAUNA** (Included w/membership)

Monday – Sunday 4:00 A.M. to 9:00 P.M.

**CHILDCARE HOURS**

Monday - Friday 9:00 A.M. - 11:00 A.M.  
Monday - Thursday 5:00 P.M. - 7:30 P.M.

**AEROBIC SCHEDULE MONDAY – WEDNESDAY**

**MONDAY**

9:00 a.m. - 10:00 a.m. - PILATES – *Hannah*  
10:00 a.m. - 11:00 a.m. - LO IMPACT CARDIO/SCULPT-*Ashley*  
5:30 p.m. - 6:30 p.m. - SPIN / GROUP CYCLE – *Penni*

**TUESDAY**

5:15 a.m. - 6:15 a.m. - HEALTHFIT FITNESS – *Josh*  
8:00 a.m. - 9:00 a.m. - BODY TONING – *Cindy*  
9:00 a.m. - 10:00 a.m.- CARDIO W/ WEIGHTS – *Donita*  
10:00 a.m. - 11:00 a.m. - SILVER SNEAKERS – *Donita*

**WEDNESDAY**

5:15 a.m. - 6:00 a.m. - ABS – *Josh*  
9:00 a.m. - 10:00 a.m. - PILATES – *Terri/Christina*  
10:00 a.m. - 11:00 a.m. - HIIT – *Ashley*  
5:45 p.m. - 6:30 p.m. - GUTS & BUTTS – *Ashley/Craig*

**AEROBIC SCHEDULE THURSDAY - SATURDAY**

**THURSDAY**

5:15 a.m. - 6:15 a.m. - HEALTHFIT FITNESS – *Josh*  
8:00 a.m. - 9:00 a.m. - BODY TONING – *Cindy*  
9:00 a.m. - 10:00 a.m. - ZUMBA GOLD – *Donita*  
10:00 a.m. - 11:00 a.m. - SILVER SNEAKERS – *Donita*

**FRIDAY**

9:00 a.m. - 10:00 a.m. – BEAT BOXING FITNESS – *Eden*  
10:00 a.m. - 11:00 a.m. – GENTLE YOGA – *Alicia*

**SATURDAY**

9:00 a.m. - 10:00 a.m. - TABATA – *Tonya*

**Class Descriptions:**

**Lo Impact Cardio Sculpt:** Is a low impact class. Half the class is cardio, and half is sculpting with weights. Low impact is better for joints like your knees while still giving the benefit of weight bearing and cardiovascular activity.

**Beatboxing Fitness:** Non-stop fat burning cardio class that includes punching, kicking, and dancing to today's hottest Music.

**Healthfit Fitness:** Is a total body workout. You'll use free weights like Kettlebells and Dumbbells, this class will help you improve cardiovascular conditioning as well as get strong and toned. It's an intermediate to difficult class, but all levels are welcome.

**Body Toning:** Is a full body workout perfect for all levels. Calisthenics like lunges and squats as well as exercises using step ups and dumbbells are included. This class is made up of different circuits that are fun and challenging.

**Silver Sneakers:** Is perfect for beginners and seniors who want to improve their cardio health as well as strengthen their muscles, bones and joints while improving their balance and coordination. It uses light weight resistance bands, balls, and chairs.

**Gentle Yoga:** Is a practice meant for anyone, any body! Is intended to allow you to practice bringing breath and movement together, stretching and elongating both muscles and mind. Moving with intention allows you to significantly reduce injuries and creates supple muscles.

**Abs:** This class is going to tone/tighten your core to help you get the flat stomach you want. Most of the class takes place on the mat. All levels of fitness can follow along and modify while getting a kick butt workout, or should we say kick Abs workout.

**Guts & Butts:** This is an intermediate to advanced class consisting of 45 minutes of intense abdominal and glute work. The first half will be dedicated to glutes and hamstrings, the second half will focus on the abdominal area. On instructor will be demonstrating the exercises, while the other will be checking form and proper execution of the exercise.

**Zumba Gold:** Choreography focuses on balance, range of motion and coordination. This class is low impact. Come ready to sweat and prepare to leave empowered and feeling strong.

**Tabata:** Is high-intensity interval training (also known as HIIT) – a cardiovascular workout that elevates your heart rate and burns many calories in a short amount of time.