



Class Descriptions

Boot Camp– This is a high impact class. It is a mix of cardio & strength training & uses your own body weight much of the time! Perfect for any fitness level! (Class by Amanda)

Zumba- This medium-high impact class is filled with Latin dances for cardio and moves that are sure to tone your entire body! Come try out this fun, high-energy class! Try your first class for FREE! (Class by Laura) \$3/class for members, \$5/class for non-members.

Slimdown Classes– These classes are for our Sizzlin’ Summer Slim-down participants! This is a high & low-impact class that includes cardio & weights. (Class by Jake & Amanda)

Abs– This class focuses on working your core with mostly low-impact exercises! (Class by Amanda)

Single Class Fees \$5 for non members
Classes are FREE with memberships!!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
February 2012			1 Abs/ Boot Camp 5:30-6:15pm	2 Boot Camp 5:45-6:30 am Zumba 6:15-7:15pm	3 Open Basketball 4pm-8pm	4 Slimdown 8-8:45am Zumba 9am
5 Open Basketball 9am-11am	6 Abs 5:30-6pm	7 Boot Camp 5:45-6:30 am Slimdown 6:45-7:30am Zumba 6:15-7:15 pm	8 Abs/ Boot Camp 5:30-6:15pm	9 Boot Camp 5:45-6:30 am Zumba 6:15-7:15pm	10 Open Basketball 4pm-8pm	11 Slimdown 8-8:45am Zumba 9am
12 Open Basketball 9am-11am	13 Abs 5:30-6pm	14 Boot Camp 5:45-6:30 am Slimdown 6:45-7:30am Zumba 6:15-7:15	15	16 Boot Camp 5:45-6:30 am Zumba 6:15-7:15pm	17 Open Basketball 4pm-8pm	18 Slimdown 8-8:45am Zumba 9am
19 Open Basketball 9am-11am	20 Abs 5:30-6pm	21 Boot Camp 5:45-6:30 am Slimdown 6:45-7:30am Zumba 6:15-7:15pm	22 Abs/ Boot Camp 5:30-6:15pm	23 Boot Camp 5:45-6:30 am Zumba 6:15-7:15pm	24 Open Basketball 4pm-8pm	25 Slimdown 8-8:45am Zumba 9am
26 Open Basketball 9am-11am	27	28 Boot Camp 5:45-6:30 am Slimdown 6:45-7:30am Zumba 6:15-7:15pm	29			Class schedule subject to change. Please call 768-4550 to sign up for classes.