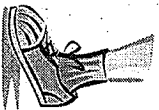


Seniors

Great Strides - Senior Walking Dry, cool place to stretch your legs and socialize close to home. Open format - walk at your own speed, individually or in groups, fitness staff available to answer questions and/or help you get more out of your workout. Blood pressure, screening and heart rate monitors available for rent. Every morning beginning this Fall!! M, W, F 5:30-9am; T, TH 7-10am. Free to members; \$19.95/month walking pass; \$5/day pass - all fitness facilities available.



SilverSneakers® Muscular Strength and Range of Movement Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. M/F 9,10,11; T/TH 10; W 10, 11 Call for enrollment details 768-4550

The Silver Sneakers® Fitness Program



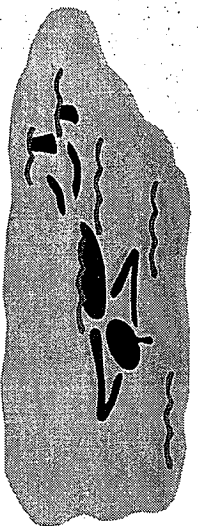
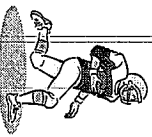
Senior Water Aerobics T 10am & 11am, TH 9am & 11am. Please call to sign-up. See "Pool Classes" section for description.

Youth

Programming

Basic Training for Teens—This weight training safety course will teach teens proper lifting techniques, how to adjust equipment, and review basic exercise and health guidelines. Trainers will also offer sport specific exercise programs to interested athletes. After successfully completing the 4 session course participants will be able to use the fitness center without parental supervision.

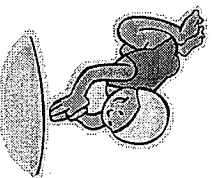
Classes are Tuesday and Thursday evenings. New classes forming every 2 weeks. Please call to enroll today. 768-4550



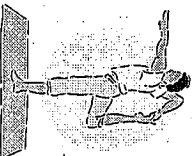
Pool Classes

Surf and Turf Workout. Low impact, high intensity workout. Start with aerobic workout in the heated water, followed by weight training in the fitness center. Increase strength, cardiovascular endurance and flexibility—we'll do it all. Water helps loosen and prepare muscles for strength training workout and is great for those with special considerations. We will use free weights, stability balls, and resistance tubing. You do not need to be able to swim to participate. T 7:00-8:15pm and TH 9:45-11:00am (includes time for changing). Please call to sign-up.

Senior Water Aerobics Stretch and exercise using water for resistance. Low impact aerobics will strengthen your muscles, increase flexibility and increase energy levels. You do not need to know how to swim for this 45min class in our heated pool. T 10am & 11am, TH 9am & 11am. Please call to sign-up.



Water Aerobics High energy, low impact class to stretch and exercise using water as resistance to tone your body. Low-impact aerobics will strengthen your muscles, increase flexibility and energy levels, and relieve stress. You do not need to know how to swim for this 45min class in heated pool. M 7 & 8pm; T 9am; Sat 8 & 9am Please call to sign-up.



Water Yoga A 45 min quiet, soothing, low impact class in our heated pool focusing on stretching and core strengthening. Water used as resistance as well as to relax, focus and help with balance and stability. Various levels of difficulty targeted and achieved during class. All levels are welcome. You do not need to know how to swim to participate in this class. M W 7:15pm & TH 4:15pm. Please call to sign-up.

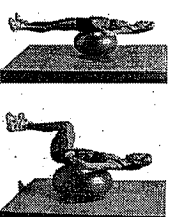
Adult Group Exercise and Aerobic Classes

Just Abs 25 min core strengthening workout to improve your balance and stability while flattening your tummy! A great class after your cardio and strengthening routine. T 6pm.



Pilates A 45 min quiet, concentrated, low impact class that helps you elongate and strengthen muscles using core muscles of the abdominals and back. You decide the level of difficulty, while being encouraged to push yourself to the next level. All levels are welcome. Classes coming this Fall!!!

On the Ball A unique 30 min workout stressing core strength, stability and balance. Learn new exercise that can be done at home or when traveling. Enjoy the encouragement of a trainer pushing you to do more than you ever have before! Participants must bring their own ball. Balls available for sale at Fitness Center. T 6:30pm.



Yoga A 45 min quiet, soothing, low impact class emphasizing breathing, stretching and core strengthening through holding of various postures. Various levels of difficulty targeted and achieved during class. All levels are welcome. TH 7:15pm.



Busy Women's Workout Group Join us to do your own workout among friends or to do some exercises together W 8pm. Free to members/\$5 non-members.