

# Fitness Schedule

April 23 - May 19, 2012



## Package Pricing:

1 class = \$10

3 classes = \$27

5 classes = \$40

10 classes = \$70

1 month unlimited classes = \$75

Owners: \$3/class or \$20/one month unlimited

*Classes are on a first come first serve basis, no registration required.*



TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am		Pilates w/Jessica 50 minutes	Yoga w/Jessica 60 minutes	Pilates w/Jessica 50 minutes	Yoga w/Jessica 60 minutes	Pilates w/Jessica 50 minutes
10:35 am		Spinnervals w/Jessica 50 minutes		Spinnervals w/Jessica 50 minutes		Spinnervals w/Jessica 50 minutes
10:45 am			Aqua Aerobics w/Jessica 45 minutes		Aqua Aerobics w/Jessica 45 minutes	

## Personal Training

### 6 week program

Before and after fitness assessments, dietary analysis, 18 sessions, weekly weigh-ins

\$600

### Private Swim Lessons

1/2 hour  
\$25

### Sessions

30 minutes \$35  
60 minutes \$60

### Package Pricing

3 sessions \$165  
5 sessions \$250  
8 sessions \$360

### Fitness Assessment

Measure blood pressure, heart rate, body composition, circumference measurements, flexibility, cardiovascular endurance, muscular strength, and muscular endurance

\$35

# Fitness Class Descriptions

**Aqua Aerobics:** An invigorating workout set to good classic tunes that warms up your muscles and gets your heart rate pumping without stressing your joints and ligaments. Water dumbbells, noodles and your own body weight are used for a good resistance workout in the water.

**Pilates:** Build the muscles of the core and focus on conditioning the entire body with this basic Pilates mat class: proper alignment, centering, concentration, control, precision, breathing and flowing movement.

**Beginner Fit:** A fitness class focused on strength, flexibility and balance using light weights.

**Spinnervals:** An intense workout set to music that mixes a traditional spin class-riding through all types of terrain – with intervals of weight training and weight bearing exercises allowing you to burn hundreds of calories.

**Stretch:** Class that will involve static stretching; Holding each stretch for 20-30 seconds to increase flexibility.

**Yoga:** A revitalizing class focusing on meditation, relaxation, breathing, strength and flexibility to restore the mind, body, and soul.

**Zumba:** A Latin inspired party disguised as exercise. This class is an invigorating, exciting, fun for all ages workout that lets you move your hips and dance to fun energetic Latin music all while burning hundreds of calories.

