



# HEALTHY LIVING

ADULT GROUP EXERCISE CLASSES AND PROGRAMS

## WINTER UPDATED JANUARY 7TH, 2018

Notes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Nautilus Orientation</b> Free nautilus and cardio room orientation for members by appointment – schedule with the front desk staff.		8:00-9:00 Morning Aerobics	8:30-9:30 Les Mills Body Pump	8:00-9:00 Morning Aerobics	8:00-9:00 Morning Aerobics	9:00-10:00 Les Mills Body Pump
	10:00-11:00 Senior Water Aerobics	10:00-11:00 Circuit & Stability	10:00-11:00 Senior Water Aerobics	10:00-11:00 Circuit & Stability	10:00-11:00 Senior Water Aerobics	
		11:00-11:45 Senior Stretch		11:00-11:45 Senior Stretch		
<b>Personal Training</b> Available by appointment – see front desk staff. \$20/session 2 people \$15/each 3 or more \$10/each	4:00-5:00 Gentle Yoga Beginners	4:30-5:30 Zumba		4:30-5:15 Aqua Zumba		
	5:00-6:00 H2O Aerobics	5:30-6:30 BOOM	5:00-6:00 H2O Aerobics	5:30-6:30 BOOM	5:00-6:00 H2O Aerobics	
	5:15-6:15 Les Mills Body Pump	5:30-6:30 High Energy Aerobics	5:15-6:15 Les Mills Body Pump	5:30-6:30 High Energy Aerobics	5:30-6:30 Kettlebell Pump	
<b>Child Watch</b> \$3/hr Y members; \$5/hr non-members. \$30/monthly unlimited for members for 2 children. Additional children \$15.00 each.	5:30-6:30 Kettlebell Pump	5:30-6:30 Power Yoga	5:30-6:30 Kettlebell Pump	5:30-6:30 Spin		
	6:00-6:30 Beginning Yang Tai Chi	6:00-7:00 Tang So Do	6:00-6:30 Beginning Yang Tai Chi	6:00-7:00 Tang So Do		
	6:30-7:00 "24 Form" Tai Chi Intermediate		6:30-7:00 "24 Form" Tai Chi Intermediate			
Morning times: M 8:30-11:30AM M 5:00-8:00 PM T 9-noon W 9-noon Th 9-noon F 9-noon	6:30-8:00 Elkins Shotokan		6:30-8:00 Elkins Shotokan			
	<b>Reserve the Les Mills Virtual classroom through the front desk. The virtual player offers five classes: Body Pump, Body Flow, Sh'Bam, CXWorx and Body Combat.</b>					
	<b>Reserve the racquetball court through the front desk. Racquets and balls available at the front desk for use by members.</b>					
<b>Coming in the New Year: Aqua Zumba! Beginning January 3<sup>rd</sup></b>						

