



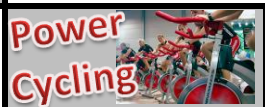









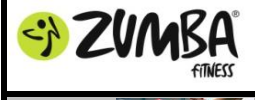













| TIME                     | MON   | TUES  | WED  | THU   | FRI   | SAT   |
|--------------------------|---|---|--|---|---|---|
| MWF 6:00am<br>T Th6:15am |    |   |    |    |  |   |
| 7:30am                   |   |    |  |   |   |  |
| T Th8:00am<br>W 8:30am   |   |    |  |    |   |   |
| 9:00am                   |   |   |    |   |   |   |
| 10:00am                  | <h1>GROUP EXERCISE CLASSES</h1>   |   |  |   |   |  |
| 11:00am                  |   |   |  |   |   |   |
| 12:15pm                  |    |    |    |    |  |   |
| 4:45pm                   |   |   |   |   |   |   |
| 5:30pm                   |  |   |  |   |   |   |
|                          |   |  |  |  |   |   |
| 6:30pm                   |  |  |  |  |   |   |
| 7:30pm                   |  |  |  |  |   |   |

The Health Club may cancel classes or alter class times without notice. Class descriptions are listed on the back.



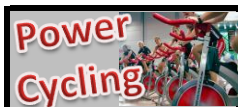
**Aqua** is a class for anyone looking for a great way to break up their usual workout routine. This non-impact class incorporates strength and toning exercise and a cardio workout that will keep your heart elevated to help you burn off those extra calories. Come prepared to get wet and have a great time. **Classes are 1 hour.**



**Body Works** is a full body workout incorporating hand weights, bands, Bosu and balance ball. Using these various techniques, our instructor will help you define muscle tone, sculpt your abdominals and improve balance and coordination. This class can be taken by anyone looking to work hard, improve their overall body condition and work up a sweat. **Classes are 50 minutes.**



**PILOXING®** uniquely mixes Pilates and boxing moves into a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape, using a class format that's both fun and challenging. At the core of PILOXING is the principle that feminine is powerful and it aims for women to attain a sleek, sexy and powerful self-image. **Classes are 50 minutes.**



**Power Cycling** is an indoor cycling class using varying degrees of resistance and body positions to simulate an outdoor cycling session. This class will raise your heart rate and challenge your personal endurance while you work at your own level. This high-energy class will push you to the limit while having fun at the same time! **Classes are 45 minutes.**



**Rowbics™** combines the best of rowing, the highest aerobic fitness standards and advanced interactive technology to deliver our QuadCore Conditioning™ system, a completely balanced series of isometric and traditional rowing movements that strengthen your body's four major systems: Core, Legs, Upper Body, Heart/Lungs. **Classes are 50 minutes.**



**Yoga Stretch** is a blend of exercise and stretching that aims to release unnecessary tension and bring forth optimal musculoskeletal alignment and functional unity of the body. Prepare to be relaxed, centered, and opened to a heightened physical awareness. **Classes are 50 minutes.**



**Zumba®** fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. You will achieve long-term benefits while experiencing an absolute blast in one exciting calorie-burning, body-energizing party. **Classes are 50 minutes.**



The biggest difference between Zumba gold and Zumba basic is that **Zumba gold** is done at a much lower intensity. It's just as much fun just not as fast! This program was designed for the older active adult, a person who hasn't been exercising in a long time or individuals who may be limited physically. **Classes are 45 minutes.**