

Adult Programs *Fall Session*



Mat Pilates

\$79

Mat Science: our most requested course! Pilates focuses on increasing flexibility and strengthening your core muscles. Classes meet once a week For 6 weeks.

Course # 104 Monday 4:30pm begins 10/4

Course # 122 Wednesday 6:45pm begins 6/2

Cost: Member: Free Nonmember: \$79 Drop in fee: \$15



Aquacise

This non-impact aerobic class uses the resistance of the water to strengthen your heart and tone your muscles. Perfect for all activity levels, including seniors and first time exercisers.

Classes meet once a week For 8 weeks.

Course #106 Monday 11:15am begins 10/4

Course #113 Tuesday 11:15am begins 10/5

Course #119 Tuesday 7:30pm begins 10/5

Course #126 Thursday 11:15am begins 10/7

Course #133 Thursday 7:30pm begins 10/7

Course #136 Friday 11:15am begins 10/8

Cost: Member: Free Nonmember: \$79 Drop in fee: \$12



Yoga

Yoga is a gentle workout designed to Increase body strength, proper Alignment, flexibility and breathing. Chair Yoga is for those who may have Trouble getting down to the floor.

Classes meet once a week For 6 weeks.

Yoga:

Course #118 Tuesday 7:30 pm begins 10/5

Course #135 Friday 10:15 am begins 10/8

Chair Yoga:

Course #120 Wednesday 12:30pm begins 10/6

Cost: Member: Free Nonmember: \$79

Drop in fee: \$15