

# Winter Session Adult Programs



## Total Body Workout

**This fun filled class uses equipment  
To work your total body and help you  
Achieve your goals.**

**Classes meet once a week For 6 weeks.**

Thursday 4:30-5:30pm begins 1/19

# \$79

*each*

Cost: Member: Free

Nonmember: \$79

Drop in fee: \$15

## Kickboxing



**This electric 60 minute fusion class of  
Martial arts and boxing movements  
Will kick your cardio fitness to the next  
Level while defining and shaping your body  
and self esteem. Energetic music and a  
Group environment will keep you punching,  
Kicking and smiling the whole time!  
Classes meet once a week For 6 weeks.**

Friday 6:00-7:00pm  
Begins 1/20



## Step Class

**Utilizing the step in many positions and  
Heights, this compelling 60 minute  
Program strengthens and shapes the  
Lower body one step at a time. Energetic  
Music and great instructors make this  
a spunky group workout!  
Classes meet once a week For 6 weeks.**

Sunday 11:30-12:30pm  
begins 1/15

*Spa 23*  
Health & Racquet Club

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