

Winter Session

Adult Programs

\$79



Mat Pilates

Mat Science: our most requested course! Pilates focuses on increasing flexibility and strengthening your core muscles.

Classes meet once a week For 6 weeks.

Monday 4:30pm begins 1/16

Wednesday 6:45pm begins 1/18

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.

Monday 11:15am begins 1/16

Monday 7:30pm begins 1/16

Tuesday 11:15am begins 1/17

Tuesday 7:30pm begins 1/17

Thursday 11:15am begins 1/19

Thursday 7:30pm begins 1/19

Friday 11:15am begins 1/20

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:

Friday 10:30am begins 1/20

Cost: Member: Free Nonmember: \$79

Drop in fee: \$15

Spa 23
Health & Racquet Club

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