

# "FREE Class Week"

## Free Programs - Monday, August 30

Land Fitness	
Moms in Motion	9:15 - 10:00 a.m.
Arthritis Tai Chi	10:30 - 11:15 a.m.
SilverSneakers Cardio Circuit	11:30 a.m. - 12:30 p.m.
Low Impact	5:30 - 6:15 p.m.
Sculpt & Tone	6:30 - 7:15 p.m.
Zumba	7:30 - 8:30 p.m.
Water Fitness	
Deep Water Aerobics	8:00 - 9:00 a.m.
Aqua Shape N Tone	9:00 - 10:00 a.m.
Arthritis Exercise	10:30 - 11:30 am

## Free Programs - Tuesday, August 31

Land Fitness	
Group Cycling	6:00 - 7:00 a.m.
Tighten N Tone	9:15 - 10:00 a.m.
Arthritis Exercise	10:15 - 11:00 a.m.
Pilates	6:30 - 7:15 p.m.
Group Cycling	7:30 - 8:30 p.m.
Yoga	7:30 - 8:30 p.m.
Water Fitness	
Deep Water	8:00 - 9:00 a.m.
SilverSneakers SilverSplash	9:00 - 10:00 a.m.
Deep Water	10:00 - 11:00 a.m.
Aqua Fitness Medley	10:00 - 11:00 a.m.
Arthritis Exercise	11:15 a.m. - 12:15 p.m.
Aqua Fusion	6:30 - 7:30 p.m.

## Free Programs - Wednesday, September 1

Land Fitness	
Moms in Motion	9:15 - 10:00 a.m.
SilverSneakers Range of Motion	10:30 - 11:15 a.m.
SilverSneakers Cardio Circuit	11:30 a.m. - 12:30 p.m.
Low Impact	5:30 - 6:15 p.m.
Group Cycling	5:30 - 6:30 p.m.
Sculpt & Tone	6:30 - 7:15 p.m.
Zumba	7:30 - 8:30 p.m.
Water Fitness	
Deep Water Aerobics	8:00 - 9:00 a.m.
Aqua Shape N Tone	9:00 - 10:00 a.m.
Arthritis Exercise	10:30 - 11:30 a.m.

Tot Room will be offered free for those parents participating in the FREE Class Week! Make your reservation for the Tot Room early!!! Space is limited. Please note: This is only free to parents who participate in the free workouts from Aug. 30 - Sept. 4.

We are please to invite Members and Non-Members to try a FREE class during our FREE Class Week! Take as many classes as you like We will be offering our Fall line up of Land and Water Fitness Classes. Come in to meet and talk to our instructors, who will help you find a workout to meet your needs. FREE CLASSES will only be offered Aug. 30 - Sept. 4. If you are unable to attend during this week, classes will NOT be offered at any other time free of charge during the session on a trial basis. A description of each workout may be found throughout the brochure. Classes will be open until full enrollment.

## Free Programs - Thursday, September 2

Land Fitness	
Group Cycling	6:00 - 7:00 a.m.
Tighten N Tone	9:15 - 10:00 a.m.
Arthritis Exercise	10:15 - 11:00 a.m.
Cardio Kickboxing	7:00 - 7:45 p.m.
Group Cycling	7:30 - 8:30 p.m.
Water Fitness	
Deep Water	8:00 - 9:00 a.m.
SilverSneakers SilverSplash	9:00 - 10:00 a.m.
Deep Water	10:00 - 11:00 a.m.
Aqua Fitness Medley	10:00 - 11:00 a.m.
Arthritis Exercise	11:15 a.m. - 12:15 p.m.
Aqua Boot Camp	6:00 - 7:00 p.m.
Aqua Yoga	7:00 - 8:00 p.m.

## Free Programs - Friday, September 3

Land Fitness	
Pilates	9:15 - 10:00 a.m.
Water Fitness	
Deep Water Aerobics	8:00 - 9:00 a.m.
Aqua Shape N Tone	9:00 - 10:00 a.m.
Arthritis Exercise	10:30 - 11:30 a.m.

## Free Programs - Saturday, September 4

Land Fitness	
Rock Hard Abs	8:15 - 9:00 a.m.
Group Cycling	8:30 - 9:30 a.m.
Morning Bootcamp	9:15 - 10:00 a.m.
Cardio Kickboxing	10:15- 11:00 a.m.
Beginner Karate	11:15 a.m. - 12:00 p.m.
Tiny Tigers	12:15 - 1:00 p.m.
Little Kickers	12:15 - 1:00 p.m.
Water Fitness	
Water Works	8:15 - 9:15 a.m.