








































STAFF HOURS:
 Mon-Thu 8:00am-8:00pm
 Fri- 8:00am-6:00pm
 Sat- 8:00am-12:00 noon

CLUB FITNESS

April 2013

CHILDCARE HOURS
 Mon-Fri 8:30am- 12:00 noon
 Mon-Thu 4:00pm-7:30pm
 Sat 9:00am-12:00 noon

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45AM	 HAL	 JUNE	 JO	 MONIQUE	 HAL	
8:30AM	 PARTY SPIN		 PARTY SPIN			
9:00AM		 ZUMBA GOLD				 CINDY
9:30AM	 DENA	 PARTY SPIN 9:15	 DENA	 PARTY SPIN 9:15	POWER YOGA 9:00AM	 9:00
10:00AM		POWER YOGA 10:15			 JESSICA	 MONIQUE
10:30AM	SilverSneakers® begins April 8th		SilverSneakers® begins April 10th			
11:00-12:00					 ZUMBA!	 ZUMBA!
12:15-1:00	 ZUMBA!	 JESSICA	 ZUMBA!	 JESSICA		
4:30PM	 ZUMBA!	 MONIQUE	 ZUMBA!	 ZUMBA!		
4:45PM	 4:45 CINDY C.		 4:45 AMY			
5:30PM	HARD CORE ABS	 CINDY	HARD CORE ABS	 DANA		
5:30PM	 CINDY C.		 CINDY C.		Club Fitness now has Prime Youth, Prime, and Silver Sneakers!	
6:00PM	KICKBOXING W/ JACOB	 6:00 MARK		 6:00 MARK		
6:30PM	 ZUMBA!	 CINDY	POWER YOGA	 DANA		
7:30PM		 ZUMBA!		 ZUMBA!		

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getting to know your classes



Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!



Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60 minute cardio program strengthens and shapes the lower body one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step.

HARD CORE AB ABS

This 45 minute class will strengthen and tone the core. By combining exercises such as lunges with core twisting you will burn calories, tone your midline, as well as tone your entire body. This class will appeal to ALL who are interested in having **HARD CORE ABS!**



Everyone finishes first in Cycling! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride On!



ZUMBA is a cardio based workout with sculpting exercises designed to tone and sculpt the entire body from top to bottom. Zumba is a FUN dance class great for the body, soul, and mind! It is a mixture of simple Latin, hip-hop, and salsa dance moves! Everyone gets a great workout and has a BLAST in ZUMBA!



Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners, or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with dance moves. Coming again in January!

SilverSneakers MSROM

SilverSneakers is a milut-level, equipment based ,total body conditioning class. The overall class objective is to minimize age-related physical deterioration, improve health-related and skill-related physical fitness components to increase functional activities for daily living, and increase a person's sense of well-being in a group exercise setting. NEW!!



Crossfit is a precise way to fitness. By training the athlete to become "fit" in all aspects including nutrition, metabolic conditioning, weightlifting, and gymnastics. It is community based and intensity driven. You WILL GET THE RESULTS YOU DREAMED OF! See the front desk to get started!

CLUB FITNESS

Thank you for your interest in Club Fitness. Our goal is to provide you and your family with a clean, modern, friendly environment so that you and your family can reach your fitness goals.

ADDITIONAL SERVICES:

PERSONAL TRAINING-We have GREAT Certified Personal Trainers on staff. The special we are offering right now is:
10 Trainings for \$350
5 Trainings for \$200
Single Sessions-\$45



CROSSFIT CLASSES are held-

Monday- 6:00AM, 8:00AM, 9:00AM, 4:30PM, 5:30PM, 6:30PM

Tuesday- 8:00am, 9:00AM,4:30PM, 5:30PM, 6:30PM

Wednesday- 6:00AM, 8:00AM, 9:00AM,4:30PM,5:30PM, 6:30PM

Thursday- 8:00AM, 9:00AM4:30PM,5:30PM, 6:30PM

Friday- 6:00AM, 8:00AM, 9:00AM, 4:30PM, 5:30PM

Saturday- 9:00AM-12:00Noon- Open Class