

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Adult and Teen Fitness Programs

Step Aerobics: A beginner/intermediate step workout, with weights and floor exercises included. Ending with a cooldown.

Monday, Wednesday, Friday 9:00-10:00 am
Thursday 6:30-7:15 pm
Saturday 8:30-9:15 am

Pilates on the Ball: Class incorporates moves on a dynaball to work the core muscles. Hand held weights will also be included.

Tuesday and Thursday 8:15-9:00 am
Tuesday and Thursday 5:45-6:30 pm
Saturday 9:15-10:00 am
Sunday 10:00-10:45am

Cardio-Kickboxing: Designed to improve muscle strength and cardio fitness. Aerobic boxing, jumping jacks, lunges, and squats, are just some of the moves in this class.

Monday and Wednesday 6:00 – 7:00 pm

Adult Fitness: Class is designed for the active older adult or the beginner exerciser. Gently stretching, muscle toning, light aerobic activity, and strengthening exercises are included.

Tuesday and Thursday 9:00-10:00am

Ballroom Dance I and II: Ballroom I will meet Tuesday's at 6:30-7:30 pm
Class fee Ballroom II will meet Tuesday's at 7:30-8:30 pm

Yoga: This Yoga class will focus on developing body, mind and spirit through postures and breath work.

Wednesday: 7:00-8:15 pm There is a class fee

ZUMBA: Latin base dance moves set to latin music. Fun workout for beginners and regulars. Tuesday's 6:30pm Class fee.

Cardio Spin: A challenging 45 minute workout using a stationary cycle. through music and various techniques the instructor will take you on a great ride. You may book a bike 2-days in advance. As a non-member you may purchase a punch card for 5 classes to see if you like spinning before you join.

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| Monday | 6:00 am |
| | 8:30 am |
| | 6:00 pm |
| Tuesday | 8:30 am |
| | 6:45 pm |
| Wednesday | 6:00 am |
| | 8:30 am |
| | 6:00 pm |
| Thursday | 8:30 am |
| | 6:45 pm |
| Friday | 6:00 am |
| | 8:30 am |
| Saturday | 7:15 am |
| | 10:00 am |
| Sunday | 9:15 am |
| | 10:15 am |

Also available Basketball Leagues, Personal Training, Co-Ed Volleyball

A punch card may be purchased for Zumba.