

Motivation is what gets you started. Habit is what keeps you going.

Have you started working out this year? Make it a habit! We will continue to offer a variety of classes. Let the classes motivate you to form a great habit! CHECK THEM OUT!

\*Note all classes at lunch time will start at 12:00 and run the full hour until 1:00. We will also offer the Silver Sneakers class four times a week due to interest.

## February 2010 Exercise Classes

### **Silver Sneakers**

**Tues/Thurs** 9:00 am -10:00 am

**Mon/Wed** 2:00 pm – 3:00 pm

*(Beginners class, cardio, weights, exercise rope, small ball, and stretching)*

### **1 Hour –Boot Camp Lunch Workout**

**Tues/Thurs**

12:00 pm-1:00 pm

*(Variety – Step/Kickboxing/Koga/Circuit/Weight-Strength Training/Walk/Run, Abs Crunch, Exercise Ball/Bands/weights/Small ball - etc.)*

### **1 Hour – Kickboxing/OR Koga Workout**

**Wednesday**

12:00-1:00

Get your heart rate up and burn calories!

### **1 Hour -Yogalates**

**Mon**

12:00 pm-1:00 pm

### **Evening Combo Class**

**Mon/Wed**

5:15 pm-6:15 pm

*(Step, Double step, circuits, Cardio, Kickboxing, Run/walk/yoga flex, Upper body/lower body/Abs)*

### **Evening Yoga/Pilates**

**Tues/Thurs**

5:15 pm -6:15 pm

*(Enjoy the many benefits of mind body exercise including increased flexibility, improved posture, better balance, reduced tension and increased relaxation!)*

### **Saturday Morning Classes**

8:30-9:30 am

PUNCH CARDS - \$68.00 for 10 punches  
(Punches can be used for any class and combination)

**Members** and Personal Trainer ongoing user- punch cards can be used at anytime as long as you are a member; IF you drop your membership your punch cards are no longer valid.

**Non-Members** punch cards must be used during the month purchased.