

# FITNESS CLASS SCHEDULE

Join us for an energizing and fun workout!



## **Monday**

- 6:30am Boot Camp (45 min.)
- 7:30am Spinning ++ ( 45 min.)
- 8:00am Aqua Aerobics (55 min.)
- 9:00am Aqua Fitness (55 min.)
- 5:00pm Spinning ++ ( 45 min.)

## **Tuesday**

- 7:30am Power Train
- 8:30am TC 30/30 (60 min.)
- 10:00am Nice-n-Easy Aquatics (55 min.)
- 11:00am Learn to Spin++
- 12:00pm Pilates Continuing/Beginning\* (45 min.)
- 1:00pm Gentle Yoga (75 min.)
- 5:15pm Sports Conditioning/Bosu Fitness (45 min.)
- 5:30pm Aqua Strength & Sculpt (55 min.)

## **Wednesday**

- 6:30am Boot Camp (45min.)
- 7:30am Spinning ++ ( 45 min.)
- 8:00am Aqua Aerobics (55 min.)
- 9:00am Aqua Fitness (55 min.)
- 12:15pm Meditation
- 5:00pm Spinning ++ ( 45 min.)
- 6:00pm Yoga (60 min.)

## **Thursday**

- 7:30am Power Train
- 8:30am TC 30/30 (60 min.)
- 10:00am Nice-n-Easy Aquatics (55 min.)
- 11:00am Learn to Spin++
- 1:00pm Gentle Yoga (75 min.)
- 5:30pm Aqua Strength & Sculpt (55 min.)

## **Friday**

- 6:30am Rising Sun Yoga (60 min.)
- 8:00am Aqua Aerobics (55 min.)
- 9:00am Aqua Fitness (55 min.)
- 9:15am Bosu Fitness (45 min.)

## **Saturday**

- 8:00am Spinning ++ ( 45 min.)
- 9:00am Sports Conditioning/Sculpt-N-Tone (60 min.)
- 10:00am Yoga (60 min.)

Call the Health Club desk at 231-534-6770 for more info. \$10 per class. Pilates \$15 per class.

\*Seasonal class check availability. ++ Limited seating.