All Seasons

Health Club

***Let us help you reach your fitness goals!***

**Group Fitness Classes**

Group fitness classes are one hour long which includes ten minutes for stretching and ten minutes for cooling down. Fitness rooms have exercise mats, air conditioning, and sound systems. All instructors are trained professionals, certified in CPR.

Group fitness classes are included in an exercise membership. Classes are first-come first-served (please do not hold spots for friends). Each class accommodates up to 25 attendees, who must be at least 16 years old.

Please turn off cell phones during class. No food or drinks (other than bottled water) is allowed in class. Try to arrive at least five minutes prior to the beginning of class and no later than five minutes after class starts.

**Fitness Class Descriptions**

* ***Cardio:*** Intense calorie burning total body workout.
* ***Pilates:*** Exercise program focusing on fluid movements and balance
* ***Spinning:*** Indoor cycling program.
* ***Stepping:*** Condition muscles and increase strength, while moving to music.
* ***Strength:*** Improve muscular strength and endurance with weight room exercises.
* ***Toning:*** Develop muscles using light weights and through repetitions.
* ***Yoga:*** Clear the mind and energize the body through postures.

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|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 7:00 a.m. | Strength | Cardio | Spinning | Pilates | Stepping | Yoga |
| 9:00 a.m. | Yoga | Spinning | Pilates | Strength | Cardio | Toning |
| 11:00 a.m. | Cardio | Pilates | Stepping | Toning | Yoga | Spinning |
| 1:00 p.m. | Spinning | Strength | Yoga | Stepping | Toning | Cardio |
| 3:00 p.m. | Toning | Stepping | Cardio | Yoga | Strength | Pilates |
| 5:00 p.m. | Pilates | Toning | Strength | Cardio | Spinning | Stepping |
| 7:00 p.m. | Stepping | Yoga | Toning | Spinning | Pilates | Strength |

**Fitness Class Tips**

1. Keep your body adequately hydrated
2. Drink at least 16 ounces of water 2 hours before exercise
3. Drink 6-10 ounces of water every 20 minutes during exercise.
4. After exercise, drink 16 ounces of water for each pound of weight lost during exercise.
5. Dress comfortably
6. Wear properly fitting shoes that provide support and are flexible.
7. Wear loose fitting comfortable clothing made from breathable fabric.
8. Remove valuable jewelry or jewelry that might cause discomfort.
9. Reward yourself
10. Short Term
11. After exercise, relax for a bit and reflect on your accomplishments.
12. Relish the satisfying feeling gained from the exercise program.
13. Long Term
14. After reaching a weight loss goal, treat yourself to a motivational reward such as a new pair of running shoes, or a new music mix.
15. Share the exciting news to family and friends

# MEMBERSHIP PLANS

All membership plans include access to the locker rooms and steam rooms, childcare services, free wireless Internet, and the juice bar. The club is open seven days a week from 5:00 a.m. until 11:00 p.m.

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|  | Amenities and Programs |  | Individual | Family |  |
| Annual Rates by facility | Aquatics | Two heated indoor swimming pools, indoor lap pool, one outdoor pool, sauna, whirlpool, swimming lessons, swim teams | | $ 156 | $ 216 |  |
| Exercise | Cardiovascular equipment, strength training equipment, group fitness classes, personal training services, martial arts classes | | $ 180 | $ 252 |  |
| Gymnasium | Walking/running track, eight basketball courts, four volleyball courts, four racquetball courts, leagues, tournaments | | $ 120 | $ 192 |  |
| Entire Facility: All Amenities and Programs | | | $456 | $660 |  |