

The Collective Group Exercise Sign Up Schedule

June 9 - July 19

Signup: May 17 - June 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin 6:00 - 6:45am Aqua Fit 9:00-9:45am Martial Arts 5:30-7:00pm Bootcamp 6:00 - 7:00pm Gravity 7:00 - 7:45pm	SilverSneakers® Muscular Strength 9:30 - 10:15am SilverSneakers® Cardio Circuit 10:30 - 11:15am Cardio Strip 6:00 - 7:00pm Zumba 7:00-8:00pm Gravity 7:00 - 7:45pm	Spin 6:00 - 6:45am Martial Arts 5:30-7:00pm Bootcamp 6:00 - 7:00pm Gravity 7:00 - 7:45pm	SilverSneakers® Muscular Strength 9:30 - 10:15am SilverSneakers® Cardio Circuit 10:30 - 11:15am Cardio Strip 6:00 - 7:00pm Zumba 7:00-8:00pm Gravity 7:00 - 7:45pm	Aqua Fit 9:00-9:45am SilverSneakers® Cardio Circuit 10:30 - 11:15am Martial Arts 5:30-7:00pm	Cardio Kickboxing 9:00-9:45am Yogalates 10:00am - 10:45am Kids Climbing Ages 4-6 9am Ages 7-9 10am Ages 10-12 11am Kids Karate Ages 6-12 12-1pm

Aqua Fit

Mon & Fri 9am

\$24 M \$72 NM

Bootcamp

Mon & Wed 6pm

\$40 M \$80 NM

Cardio Kickboxing

Saturdays 9am

\$12 M \$48 NM

Cardio Strip

Mon & Wed 6pm

\$35 M \$60 NM

Gravity

Mon & Wed 7pm

\$50 M \$75 NM

Tues & Thurs 12pm

\$50 M \$75 NM

Tues & Thurs 7pm

\$50 M \$75 NM

Spin

Mon & Wed 6am

\$24 M \$72 NM

Yogalates

Saturday 10am

\$12 M \$42 NM

Martial Arts

Mon, Wed, Fri 5:30-7:00pm

\$35 M \$60 NM/per month

Zumba

Tues & Thurs 7pm

\$24 M \$72 NM

Kids Classes

\$35 M & NM's

AQUA FIT I

A coed low-impact aerobic workout designed for beginning to moderate fitness levels. You will burn calories and improve your cardiovascular endurance and fitness through moderate intensity water aerobics and strengthening with resistance equipment (noodles, water barbells, and kickboards). No swimming ability needed. Slip on water shoes recommended.

SilverSneakers® Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises of designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and or standing support.

SilverSneakers® Cardio Circuit

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using handheld weights, elastic tubing with handles, and a ball alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

CARDIO KICKBOXING

Get ready to shed pounds and inches, get in shape, and have a blast doing it! This high-energy class combines kicking and punching techniques with agility and strength training moves to provide a total body workout.

SPIN

This class is a non-impact, individually paced, non competitive, group training system designed for all riders and fitness levels. With no complicated moves to learn, top-notch instructors and music that begs your legs to pedal, getting into the best shape of your life has never been more fun. Using spinning bikes, music and your own unique goals, the instructors will get your heart pumping. Please make sure you bring a water bottle and towel.

ZUMBA

ZUMBA is a fusion of Latin and International music – dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps

YOGALATES

Integrating Yoga and Pilates for Complete Fitness, Strength, and Flexibility. Using smooth, flowing movements as well as breathing techniques to tone and stretch the body.

This class is great for fat burning and toning. It is recommended you bring water and your own mat. Wear comfortable clothes. All other supplies are available on site.

BOOTCAMP

If you are ready for a challenge unlike any other fitness class you have taken then you are ready for Boot Camp. This class, which is taught by former Marine Corps Sergeant Jeff Bird, is an hour long circuit training class. The class incorporates running, calisthenics, weight training, core training and body stabilization to name a few. Boot camp is not easy in fact our motto is "The easy day was yesterday". This class is high intensity and high impact and is not for everyone.

CARDIO STRIP

Have you ever wondered how dancers stay in great shape? Find out for yourself in the class sweeping the nation, Cardio Strip. We will spend 15 minutes warming up, 30 minutes of cardio strip and 15 minutes of core work. Don't worry, you aren't taking off your clothes, you're just using the moves strippers use for a great workout!! Bring your tennis shoes but the majority of the class will be spent in your socks or barefoot. We recommend having a feather boa. We will have them for sale at the front desk for only \$5.

KIDS KARATE

Participants will learn karate, self-defense and anti kidnapping techniques from our professional instructor. A great self confidence and self esteem builder.

Cost: \$35/child

KIDS CLIMBING

Have you ever wanted to learn how to climb on those huge climbing walls? Now's your chance! You can either practice your climbing skills or simply learn how to climb.

Cost: \$35/child