

# THE WORKS™

## *Fitness Classes*

Winter 2024 (Starts January 2)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Yoga</b> 8:00-8:45am  <b>Morning Fit</b> 9:05-9:55am  <b>Healthy for Life</b> 11:00-11:45am  <b>HIIT</b> 12:00-12:45pm  <b>Cardio &amp; Tone</b> 4:15-5:00pm  <b>Spin</b> 5:10-6:05pm	<b>Total Body Workout</b> 9:00-9:50am    <b>Yoga</b> 12:00-12:45pm  <b>Total Body Workout</b> 4:15-5:00pm  <b>Spin</b> 5:10-6:05pm	<b>Yoga</b> 8:00-8:45am  <b>Healthy for Life</b> 10:00-10:45am  <b>Yoga</b> 11:00-11:45am  <b>HIIT</b> 12:00-12:45pm  <b>Cardio &amp; Tone</b> 4:15-5:00pm  <b>Spin</b> 5:10-6:05pm  <b>Yoga Fusion</b> 6:15pm-7:15pm	<b>Total Body Workout</b> 9:00-9:50am    <b>Yoga</b> 12:00-12:45pm  <b>Total Body Workout</b> 4:15-5:00pm  <b>Spin</b> 5:10-6:05pm  <b>ZUMBA®</b> 6:10-6:55pm	<b>Yoga</b> 8:00-8:45am  <b>Morning Fit</b> 9:05-9:55am  <b>Healthy for Life</b> 11:00-11:45am  <b>HIIT</b> 12:00-12:45pm  <b>Spin</b> 1:00-1:50pm	<b>Step</b> 11:00-11:45am  <b>Sunday</b>  -----

### Fitness Class Admission

**Drop-In:** \$5.75 **12-Visit Pass:** \$57.50

Memberships available – Inquire at Customer Service for more details.

**Spin Class Drop-Ins:** Members (Prime Time Basic & Field House Combo): \$7.00 Non-Members: \$14.00.  
Spin Classes are included in Deluxe and Student Recreation Memberships.

**All classes take place at the Field House. Membership or Drop-In Fee required.**

Note: Schedule may change throughout the season, we reserve the right to change schedule and instructors without prior notice.

## Class Descriptions

**Cardio & Tone** - A high intensity and full-body workout targeting core, strength, stability, and toning. A variety of equipment, including dumbbells, body bars, and steps, may be used to promote cardiovascular benefits.

**Healthy for Life** - Class designed to challenge major muscle groups using a combination of equipment & body weight exercises. Designed to improve overall strength, flexibility, balance & range of motion. Class takes place at the Field House; participants can check in at the Field House Customer Service Desk.

**Total Body Workout** - A class designed to maximize time with a variety of calorie incinerating movements. Come ready for a challenge and learn a new array of cardio and resistance training exercises.

**Morning Fit** - This low impact cardio class is light on the joints but offers a solid workout. It features easy to learn moves and fun, upbeat music, followed by a toning and core workout.

**HIIT**- (High-Intensity Interval Training). Burn more calories in less time with high energy interval-based training with intense bursts of exercises from one hundred percent effort followed by short, sometimes active, recovery time. Plus, core strength and conditioning to sculpt and strengthen muscles for a total body workout.

**Spin** - Spin class is a fun cardiovascular workout using a stationary bicycle. Your instructor will simulate a variety of sprinting and hill climbing drills enabling you to build your cardiovascular fitness, muscle strength, and endurance. Classes are for all levels, beginners to advanced, as you are in control of your resistance level on your bike and how hard you want to work in class. ***Pre-registration is recommended due to limited Spin Bikes.***

**Yoga**- Introduce yourself to the benefits of Yoga, including improved flexibility and balance, muscle endurance, long and lean muscles, enhanced focus, and stress relief.

**Yoga Fusion**- Introduce yourself to a class that fuses Yoga with other fitness regimes. This practice will encourage active recovery from injury, hone your focus, increase cardio ability with breath techniques, encourage mindful injury prevention processes, increase flexibility, and strengthen your stabilizing muscles. Better balance, decrease injury and less time away from the game!

**Zumba®** - Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. The routines feature interval-training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body. Add some Latin flavor into the mix and you've got Zumba!