



## FITNESS PROGRAMS

Your Punch Pass may be purchased at the Leisure Center main office or the Sports Arena Fitness Studio desk, located in the lower lobby of the Leisure Center. The Punch Pass will be valid for 30 days from the date of purchase. **(Class Capacity: 9)**

Fees	Resident	Non-Resident
4 Punch Pass	\$30	\$35
8 Punch Card	\$36	\$42
Unlimited	\$46	\$52
Fitness Combo	\$55	\$66

*\*Combo includes Fitness Studio and Classes (excluding Zumba)*

Walk In Fees	\$7	\$9
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Mon	Tues	Wed	Thurs	Fri	Sat
	8:45 am Yogafit		8:45 am Yogafit		8:30 am Stronger U
4:30 pm TBC		4:30 pm H.I.I.T.	4:30 pm Torch & Tighten		
5:45 pm Yogafit	5:30 pm Lift & Balance	5:45 pm Yogafit			

### Total Body Challenge (TBC)

Looking to change your body? This class is the fix: quickly move from one exercise to the next using body weight and plyometric cardio exercises as well as strength exercises using a variety of equipment.

### Yoga Fit

YogaFit style focuses on safety, accessibility and “yoga for everybody.” YogaFit blends balance, strength, flexibility, and power in a fitness format. YogaFit is a practical, user-friendly style, which is doable by individuals of any fitness level.

### Lift & Balance

This full body Lift and Balance workout will challenge your balance and test your strength. Balance is important for a functional life and can improve your body’s awareness, coordination, and joint stability. Strength training keeps your bones strong, boosts metabolism and fat loss, and improves mood and energy levels.

### H.I.I.T. Fusion

A combination class including cardio and strength intervals. Longer work and shorter recovery segments are used for increased caloric and fat burning. Each class is unique and will keep you challenged.

### Low Impact Torch and Tighten

You will torch major calories and fat while tightening and toning your muscles with this low impact, total body, easy to follow workout. All fitness levels will be motivated and challenged. Have fun and feel great using a variety of equipment such as free weights, medicine and stability balls, and resistance bands. This low impact workout is designed to be less stressful on your joints while still providing a high calorie torch and muscle tightening experience.

### Stronger U

Get a great start to your weekend! This class changes every week. The use of different exercise modes and equipment will keep it interesting, motivating, and will make your body and mind stronger.



We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. A total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

**Tuesdays & Thursdays**  
5:45-6:45 pm

**Walk-In Fee:**  
Res \$7 / Non-Res \$9

**Class Capacity: 42**

### FIT AND BALANCE (55 & Over Class)

An exercise class designed to help improve your balance & lower-body strength. We will be progressively increasing weights to help achieve the goals of better balance and lower-body strength. **Class Capacity: 42**

**Mon, Wed, Fri 10:30-11:30 am**

**Location:** Sports Arena

**Fees:** Members \$6/week - Non-Members \$8/week

### SENIOR FIT (55 & Over Class)

An aerobics class designed to help seniors and older adults maintain their cardiovascular health, strength and flexibility. Whether you’re a veteran or a newcomer, we welcome you to come enjoy the benefits of working out in a group with plenty of friendly fun. **Class Capacity: 42**

**Tues, Thur 10:15-11:15 am**

**Location:** Sports Arena

**Fees:** Members \$2/day - Non-Members \$3/day