



2010 Winter Fitness Class Schedule

All classes will continue if attendance averages five or more.

Invite your friends, relatives, neighbors, and co-workers!

Combo Aerobics

5:30am Mon/Wed/Fri

Instructor: Judy

Class uses a variety of aerobic equipment including weights, therabands, theraballs, and jump ropes. Class works on your core and focuses on your abdominals.



NEW!

Max Trio

7:30pm Tues/Thurs

Instructor: Haze

For description of class please note separate flyer.

AM Water Aerobics

9:00am Tues/Thurs

Instructor: Sue

Class uses water weights and noodles. This low impact workout is good for your health and your joints!

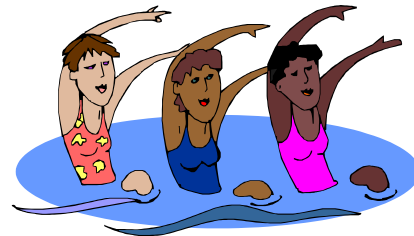
NEW!

Aqua Blast

6:30pm Mon/Wed

Instructor: Haze

This water class will feature kickboxing, cycling, pilates, etc. Come join us for a great workout that is easier on the joints and great for your body!



Come join one of our popular fitness classes and make the commitment to get in shape and feel good about yourself. No class registration necessary. Classes run continuously, so join at any time. Simply purchase a fitness punch card...good for any fitness class the Parks and Recreation Department offers. Each card contains 10 punches with no expiration date...so come as often as you like as your schedule allows. Card price is \$32.50 for Civic Center members and \$47.50 for non-members. You may also pay the single class fee of \$4 for members and \$6 for non-members. Cards may be purchased at the Civic Center front desk. Contact the Civic Center at 443-4174 if you need additional information.

Note: We offer advance registration for the "Max Trio" class in addition to the drop-in/punch card system mentioned above. The advantage of pre-registration is that the class fee is less than the other two payment options. Registration for Max Trio will begin 12/22 and end 12/31.