

### 3. Adult

#### Fitness

Focus On Fitness Age: 16Y and up

Reach the next level of fitness. Build strength, cardio endurance, and surpass your goals. Sign up now to develop enhanced performance and advanced training with your own certified personal trainer in a small motivated group. Max 4 per group

Focus On Fitness

Th	Jan 12-Mar 1	07:15 PM-08:15 PM	\$240/8	[23121]
Th	Mar 8-Apr 26	07:15 PM-08:15 PM	\$240/8	[23122]

'New Wave' Cycle Age: 16Y and up

Catch the 'new wave' for competitive or recreational road cyclists. Train for a Charity, Century or Gran Fondo challenge in a class tailored to make long distance efforts a positive experience! Both on and off the bike, learn specific techniques to master mass starts, timed sections and steep climbs.

'New Wave' Cycle

Su	Jan 8-Apr 22	09:45 AM-11:15 AM	\$173/15	[24108]
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Tabata Training Age: 16Y and up

One of the most respected ways to lose weight and maintain muscle. Simple and intensive the hardest 4 minute drills you will ever do, followed by a comprehensive stretch and core stability workout.

Tabata Training

W	Jan 11-Feb 29	06:00 PM-06:45 PM	\$88/8	[23729]
W	Mar 7-Apr 25	06:00 PM-06:45 PM	\$88/8	[23741]

The Up Series: Balance Up Age: 16Y and up

(Beginner/Intermediate level) Discover symmetry in this strength and yoga fusion class. Using yoga poses and other strength exercises, you learn new techniques to improve your body's strength and balance.

Balance Up

Th	Jan 5-26	08:10 PM-09:10 PM	\$50/4	[23163]
Th	Feb 9-Mar 1	08:10 PM-09:10 PM	\$50/4	[23743]
Th	Mar 8-29	08:10 PM-09:10 PM	\$50/4	[23744]
Th	Apr 5-26	08:10 PM-09:10 PM	\$50/4	[23746]

**The Up Series: Hung Up Age: 16Y and up**

(Intermediate level) TRX exercises push your body to new heights. This circuit style workout uses all the tools and tricks of the fitness trade to give your body the workout it deserves.

**Hung Up**

Th	Jan 12-Feb 2	04:30 PM-05:30 PM	\$50/4	[23179]
Th	Feb 9-Mar 1	04:30 PM-05:30 PM	\$50/4	[23747]
Th	Mar 8-29	04:30 PM-05:30 PM	\$50/4	[23748]
Th	Apr 5-26	04:30 PM-05:30 PM	\$50/4	[23749]

**The Up Series: Kick Up Age: 16Y and up**

(Beginner/Intermediate level) Kick, punch, elbow and knee your way to peak conditioning! Kickboxing is one of the best cardio workouts you will experience. Gain muscle, confidence and a true sense of accomplishment.

**Kick Up**

W	Jan 4-25	08:05 PM-09:05 PM	\$50/4	[23183]
W	Feb 1-22	08:05 PM-09:05 PM	\$50/4	[23755]
W	Mar 7-28	08:05 PM-09:05 PM	\$50/4	[23756]
W	Apr 4-25	08:05 PM-09:05 PM	\$50/4	[23757]

**The Up Series: Pop Up Age: 16Y and up**

(Advanced level) You haven't had a true workout until you've experienced Plyometrics! This explosive workout of fast, powerful movements improves the functions of the nervous system, heightening your performance in any sport.

**Pop Up**

Th	Jan 5-26	07:00 PM-08:00 PM	\$50/4	[23187]
Th	Feb 2-23	07:00 PM-08:00 PM	\$50/4	[23781]
Th	Mar 8-29	07:00 PM-08:00 PM	\$50/4	[23782]
Th	Apr 5-26	07:00 PM-08:00 PM	\$50/4	[23783]

**The Up Series: Shape Up Age: 16Y and up**

(Intermediate level) Sweat, shrink and sculpt with this high intensity core conditioning class. This is not your typical core class. Expect to significantly increase your body's ability to support your spine and keep your body stable and balanced.

**Shape Up**

Th	Jan 5-26	05:45 PM-06:45 PM	\$50/4	[23191]
Th	Feb 2-23	05:45 PM-06:45 PM	\$50/4	[23763]
Th	Mar 8-29	05:45 PM-06:45 PM	\$50/4	[23765]
Th	Apr 5-26	05:45 PM-06:45 PM	\$50/4	[23767]

**The Up Series: Start Up Age: 16Y and up**

(Beginner level) Your fitness journey starts here! In a safe and supportive group setting, our professional instructor teaches you how to shape and sculpt your body as you discover the benefits of wellness.

**Start Up**

Th	Jan 12-26	09:30 AM-10:30 AM	\$50/3	[23195]
Th	Feb 9-Mar 1	09:30 AM-10:30 AM	\$50/4	[23773]
Th	Mar 8-29	09:30 AM-10:30 AM	\$50/4	[23774]
Th	Apr 5-26	09:30 AM-10:30 AM	\$50/4	[23775]

**Treadmill 101 Age: 16Y and up**

A beginner level treadmill workout that increases your heart rate plus your know how to ramp up your fitness routine. A Personal Trainer guides you through these motivating small group sessions.

**Treadmill 101**

M	Jan 9-Feb 13	11:05 AM-12:05 PM	\$180/6	[23199]
M	Feb 20-Mar 26	11:05 AM-12:05 PM	\$180/6	[23792]
M	Apr 16-Jun 4	11:05 AM-12:05 PM	\$180/6	[23793]

**Trim & Toned Age: 16Y and up**

New to fitness? Looking for motivational support and exciting program development? Sign up now to lose weight, improve overall health and wellness, and find increased stamina and energy. See real results with your own certified personal trainer in a small supportive group. Max 4 per group

**Trim & Toned**

Tu	Jan 10-Feb 28	07:15 PM-08:15 PM	\$240/8	[23201]
Tu	Mar 6-Apr 24	07:15 PM-08:15 PM	\$240/8	[23789]

## Martial Arts

Adult Aikido Age: 15Y and up

Focus your energy in a positive way. Learn to control and redirect the power of an attack, applying suitable throws and pinning techniques. Class focuses on skill development and technique along with physical and mental fitness.

Adult Aikido

M, W	Jan 9-Feb 29	07:00 PM-08:30 PM	\$126/14	[23119]
M, W	Mar 5-Apr 25	07:00 PM-08:30 PM	\$135/15	[23120]

Hap Ki Do - Adult (15Y+) Age: 15Y and up

Called the art of complete self-defense, Hap Ki Do is an integrated fighting system which combines the dynamic kicking and punching traditionally associated with Korean martial arts, together with a vast array of joint locks and throws designed to subdue or control an attacker. A diverse art form, Hap Ki Do strengthens and conditions the mind, body, and spirit. Instructor: Jeremy Tillman, a fifth Dan Black Belt with 15 years of martial art experience.

Hap Ki Do - Adult (15Y+)

Su	Jan 8-Apr 22	10:45 AM-12:15 PM	\$137/15	[23125]
Tu	Jan 10-Apr 24	07:00 PM-08:30 PM	\$146/16	[23127]
F	Jan 13-Apr 27	07:00 PM-08:30 PM	\$137/15	[23126]

## Pre/Post Natal

Baby and You Bootcamp Age: 18Y and up

Builds endurance, tones and improves core, abdominal and muscle strength and cardiovascular fitness. Babies and strollers welcome.

Baby and You Bootcamp

W, F	Jan 11-Mar 2	09:30 AM-10:30 AM	\$172/16	[22993]
W, F	Mar 7-May 4	09:30 AM-10:30 AM	\$172/16	[22994]

Pre-Natal Yoga Age: 16Y and up

Gentle poses, breathing exercises and relaxation techniques help you stretch, strengthen, manage stress, cope with labor and feel more energetic and balanced.

Pre-Natal Yoga

Th	Jan 12-Mar 1	06:10 PM-07:10 PM	\$118/8	[23161]
Th	Mar 8-Apr 26	06:10 PM-07:10 PM	\$118/8	[23750]

## Yoga

Hatha Yoga Beginner Age: 16Y and up

Breathe. Learn basic postures, movement, poses and breathing to relax the body and lengthen and tone muscles.

Hatha Yoga Beginner

Su	Jan 8-Feb 26	11:00 AM-12:00 PM	\$100/8	[23159]
Su	Mar 4-Apr 22	11:00 AM-12:00 PM	\$88/7	[23160]

Yin/Yang Yoga Age: 16Y and up

This class provides an opportunity to practice both the Yin and Yang side of yoga. The first part of the class focuses on core strength with Vinyasa style yoga. The second part of the class will involve restorative postures for the back. The holds will be longer and emphasis is letting go, releasing, and relaxation. Enjoy the benefits of both practices in one class.

Yin/Yang Yoga

Tu	Jan 10-Feb 28	06:00 PM-07:00 PM	\$100/8	[23203]
Tu	Mar 6-Apr 24	06:00 PM-07:00 PM	\$100/8	[23735]