

FALL GROUP FITNESS FRENZY



As the seasons start to change and we head in to fall, now is the perfect time to check out the wide variety of classes we offer for all fitness levels.

September 1st-14th

Bring a Friend to Group Fitness Classes for

FREE!

Members who attend classes in September and October will receive a raffle ticket for each class attended. One winning raffle ticket will be drawn weekly for prizes such as personal training or a personal massage. No limit on entries! Spice up your regular workout routine with our group fitness offerings. Take multiple formats with different teachers to find which ones are perfect for you, and have a chance to win a prize in the process!

Eligible group fitness classes include:

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| Aqua Bootcamp | Minute Madness |
| Barre | Piyo |
| Body Sculpting | Spinning |
| Bootcamp | Strength & Conditioning |
| Core de Force | Sunrise Circuit |
| Country Heat | Tabata |
| Good Morning Zumba | TNT |
| HIIT | Toning Circuit |
| HIIT Fusion | Turbokick |
| Kettlebell | Water Werks |
| Kettlebell Amped | Zumba |
| Kettlebell XL | Zumba Gold |
| Martial Arts | Zumba Strong |
| Military Style Bootcamp | |

Exclusions: A one-time waiver must be completed at the fitness desk prior to first visit. Guests must sign-in at each class. Limited to members and their guests, ages 16 and older, and does not include SilverSneakers, Active Agers, Pilates, TRX or yoga classes due to space limitations.