



# Fitness

Get ready to compete in the RSC 5K Run on Saturday, May 5! See page 8 for the 5K Training Program.

## Drop-In Class Fee

If your workout needs a change of pace or if you want to try something new, drop into one of our fun, energizing specialty classes! Space is open on a first-come, first-served basis. Please note that some classes might have been cancelled due to low registration.

\$8/\$10 - one Yoga or Piyo class; \$5/\$7 - one Cycling, Boot Camp or Friday night Zumba® class

## Dynamic Training KK Except for 5:30A classes

Join this small group training program for personal training at an even smaller cost! Dynamic Training will give you a “results guaranteed” workout customized to your fitness level and goals, as our certified trainers guide you through exercises and challenges sure to get your heart pumping. (Please call to request a time that is not listed below).

32811	M/W	5:30-6:30A	Apr 23	RSC	\$144/\$160
32813	M/W	6:00-7:00P	Apr 23	RSC	\$144/\$160
32819	TU/TH	9:30-10:30A	Apr 24	RSC	\$144/\$160
32817	TU/TH	6:00-7:00P	Apr 24	RSC	\$144/\$160
32812	M/W	5:30-6:30A	Jun 11	RSC	\$144/\$160
32814	M/W	6:00-7:00P	Jun 11	RSC	\$144/\$160
32820	TU/TH	9:30-10:30A	Jun 12	RSC	\$144/\$160
32818	TU/TH	6:00-7:00P	Jun 12	RSC	\$144/\$160

## Fitness Consultation • Ages 16+

Are you new to working out, or do you have questions about your current workout routine? Schedule a consultation and let a certified trainer introduce you to our exercise equipment and answer your fitness-related questions. Call Ty Joyce at 636-474-8122 to set up an appointment. Free!

## Personal Training

Let our fitness professionals tailor a new workout program to fit your needs. You’ll learn the proper techniques and develop exercise habits that will give you excellent results. Please contact Ty Joyce at 636-474-8122 for more information or to set up an appointment.

Resident		Non-resident	
1 session	\$ 50	1 session	\$ 60
3 sessions	\$135	3 sessions	\$ 165
6 sessions	\$258	6 sessions	\$ 318
9 sessions	\$378	9 sessions	\$ 468
12 sessions	\$492	12 sessions	\$ 612
24 sessions	\$960	24 sessions	\$1200

\$85 Couple per session; \$215 Couple with purchase of 3 sessions; \$420 Couple with purchase of 6 sessions; \$612 Couple with purchase of 9 sessions

## Nutrition for Fitness

Get the most out of your fitness program – let registered dietician Corissa Zumwalt help you achieve a healthier lifestyle. Proper nutrition is an important part of every fitness program. Whether you are an athlete or just starting your fitness routine, it is important to fuel your body accordingly. The initial visit is one hour, and each successive visit will be 30 minutes. Please contact Ty Joyce at 636-474-8122 for more information, or to set up an appointment.

Resident		Non-resident	
1 session	\$ 50	1 session	\$ 60
3 sessions	\$ 93	3 sessions	\$113
6 sessions	\$154	6 sessions	\$189
9 sessions	\$214	9 sessions	\$264
12 sessions	\$271	12 sessions	\$336
24 sessions	\$505	24 sessions	\$630

## FREE Fitness Classes with RSC Annual Membership PLUS

Attend our regular fitness classes at no additional cost. Look for the RSC Annual Membership PLUS  logo.

With Membership PLUS, you won't be required to register for these classes. However, space is limited and admission is on a first-come-first-served basis. Please sign in at the front desk for each class you would like to take. Specialty fitness and aqua aerobics classes are not included. For details, contact Ty Joyce at 636-474-8122, or the RSC at 636-474-2REC (2732).

## Regular Fitness

Included with RSC Annual Membership PLUS

### Step-n-Sculpt

Do you want to burn calories, increase your cardiovascular fitness and tone your muscles? Try this energizing step class with intervals of weights, abdominal exercises and a relaxing cool down.

31572	M	9:35-10:30A	Apr 2	RSC	\$27/\$31
32834	M	9:35-10:30A	May 14	RSC	\$27/\$31
32835	M	9:35-10:30A	Jun 25	RSC	\$27/\$31

### Cardio Conditioning

Get your heart rate up, improve your overall fitness, increase your energy for the day and have fun doing it! Class incorporates cardio boxing, dynamic cardio intervals, strength moves and deep stretching for a great workout. Class meets in the gymnasium.

31580	M	9:15-10:15A	Apr 2	RSC	\$27/\$31
32839	M	9:15-10:15A	May 14	RSC	\$27/\$31
32840	M	9:15-10:15A	Jun 25	RSC	\$27/\$31

### Deep Definition

Get ready to train hard! Using the latest principles in resistance training to push you to a new level of fitness and muscle control, you'll develop a lean, defined, symmetrical musculature in this new program, which focuses on core strength, functional training, balance flexibility, and symmetry. The results are total body strength, flexibility, definition, endurance and power!

31699	F	10:00-10:30A	Apr 6	RSC	\$13/\$16
32843	F	10:00-10:30A	May 18	RSC	\$13/\$16
32844	F	10:00-10:30A	Jun 29	RSC	\$13/\$16

### Turbo Kick

Join us for cardio with an attitude, complete with a sport-specific warm-up, bouts of intense intervals, easy-to-follow combinations, kickboxing, specific strength and endurance training and a Tai Chi-style cool-down. All fitness levels are welcome!

31743	F	9:00-10:00A	Apr 6	RSC	\$27/\$31
31734	F	9:00-10:00A	May 18	RSC	\$27/\$31
31735	F	9:00-10:00A	Jun 29	RSC	\$27/\$31

### Tone to the Bone – 90 minute challenge!

This workout can definitely change your physique! We'll turn an ordinary toning workout into a full-out fat-burning routine by combining light weights with basic cardio moves that deliver strength, elevate the heart rate, shed inches and burn more calories in less time.

31577	TU/TH	9:15-10:45A	Apr 3	RSC	\$52/\$59
32846	TU/TH	9:15-10:45A	May 15	RSC	\$52/\$59
32847	TU/TH	9:15-10:45A	Jun 26	RSC	\$52/\$59

### Body Sculpt Except on Saturday

Join us for this great total body workout. Using your own body weight along with hand weights and resistance tubing, you'll increase total body muscle tone, bone density and overall strength.

31584	TU/TH	8:15-9:10A	Apr 3	RSC	\$52/\$59
31586	TU/TH	5:00-5:55P	Apr 3	RSC	\$52/\$59
31588	SA	8:25-9:20A	Apr 7	RSC	\$27/\$31
32849	TU/TH	8:15-9:10A	May 15	RSC	\$52/\$59
32851	TU/TH	5:00-5:55P	May 15	RSC	\$52/\$59
32853	SA	8:25-9:20A	May 19	RSC	\$27/\$31
32850	TU/TH	8:15-9:10A	Jun 26	RSC	\$52/\$59
32852	TU/TH	5:00-5:55P	Jun 26	RSC	\$52/\$59
32854	SA	8:25-9:20A	Jun 30	RSC	\$27/\$31

### Cardio Combo

This 60-minute class combines 30 minutes of TurboKick and 30 minutes of Tone to the Bone to deliver an all-out fat-burning, strength-building workout!

31729	M/W	5:45-6:45P	Apr 2	RSC	\$52/\$59
32865	M/W	5:45-6:45P	May 14	RSC	\$52/\$59
32866	M/W	5:45-6:45P	Jun 25	RSC	\$52/\$59

### Cardio Mix

Looking for a great cardio workout that's different every week? This class provides nothing but cardio and a whole lot of fun: TurboKick, ZUMBA, and Hip Hop Hustle. We've got it all! We'll use a different format for each class, so you'll never get bored.

31753	SU	10:15-11:15A	Apr 8	RSC	\$27/\$31
32858	SU	10:15-11:15A	May 20	RSC	\$27/\$31
32859	SU	10:15-11:15A	Jul 1	RSC	\$27/\$31

## Arms and Abs vs. Butts and Guts + KK

This 30-minute class for all fitness levels will cover it all! Join us for a great combination of exercises that will help you sculpt and strengthen your core, along with upper-body toning on Mondays and lower-body toning on Wednesdays. Each class will be different and challenging!

31750	M/W	6:50-7:20P	Apr 2	RSC	\$27/\$31
32862	M/W	6:50-7:20P	May 14	RSC	\$27/\$31
32863	M/W	6:50-7:20P	Jun 25	RSC	\$27/\$31

## Cardio and Core + KK

In this fun, yet challenging, class, you'll get a variety of heart-pumping cardio and waist trimming, core-strengthening moves.

31747	W	8:50-9:45A	Apr 4	RSC	\$27/\$31
32870	W	8:50-9:45A	May 16	RSC	\$27/\$31
32871	W	8:50-9:45A	Jun 27	RSC	\$27/\$31

## Body Fusion + KK

This refreshing class combines elements of yoga, pilates and strength-conditioning for slow, controlled movements that enhance balance, posture, flexibility, coordination, core strength and muscle tone. As a bonus, it's an excellent source of stress relief! Body Fusion is a great addition to regular workouts.

31689	M/W	5:00-5:40P	Apr 2	RSC	\$52/\$59
31691	SA	10:45-11:30A	Apr 7	RSC	\$27/\$31
32894	M/W	5:00-5:40P	May 14	RSC	\$52/\$59
32896	SA	10:45-11:30A	May 19	RSC	\$27/\$31
32895	M/W	5:00-5:40P	Jun 25	RSC	\$52/\$59
32897	SA	10:45-11:30A	Jun 30	RSC	\$27/\$31

## S.W.A.T. (Senior Weights and Toning) +

Here's a great program for seniors who want to build strength and learn the proper way to use free weights, resistance tubing, the stability ball and more. Let's get fit together, laugh and learn together!

31614	M/F	11:30A-12:30P	Apr 2	RSC	\$52/\$59
32900	M/F	11:30A-12:30P	May 14	RSC	\$52/\$59
32901	M/F	11:30A-12:30P	Jun 25	RSC	\$52/\$59

## Functional Flexibility for Seniors +

Perfect for all fitness levels, this program offers a great way for seniors to improve range-of-motion, decrease pain and soreness after exercise, improve posture, and decrease muscle tension.

31617	W	11:30-12:30P	Apr 4	RSC	\$27/\$31
32903	W	11:30-12:30P	May 16	RSC	\$27/\$31
32904	W	11:30-12:30P	Jun 27	RSC	\$27/\$31



## Zumba® + KK

Zumba® fuses hypnotic Latin rhythms and easy-to-follow movements that deliver a dynamic, fat-burning, body sculpting workout that will blow you away. Routines incorporate fun music and choreographed intervals for classes you'll look forward to.

31605	M	8:30-9:20A	Apr 2	RSC	\$27/\$31
31601	TU/TH	4:05-4:55P	Apr 3	RSC	\$52/\$59
31597	TU/TH	6:00-6:55P	Apr 3	RSC	\$52/\$59
31595	W	9:50-10:45A	Apr 4	RSC	\$27/\$31
31596	SA	9:30-10:25A	Apr 7	RSC	\$27/\$31
32885	M	8:30-9:20A	May 14	RSC	\$27/\$31
32881	TU/TH	4:05-4:55P	May 15	RSC	\$52/\$59
32873	TU/TH	6:00-6:55P	May 15	RSC	\$52/\$59
32874	W	9:50-10:45A	May 16	RSC	\$27/\$31
32875	SA	9:30-10:25A	May 19	RSC	\$27/\$31
32886	M	8:30-9:20A	Jun 25	RSC	\$27/\$31
32882	TU/TH	4:05-4:55P	Jun 26	RSC	\$52/\$59
32878	TU/TH	6:00-6:55P	Jun 26	RSC	\$52/\$59
32876	W	9:50-10:45A	Jun 27	RSC	\$27/\$31
32877	SA	9:30-10:25A	Jun 30	RSC	\$27/\$31

## Specialty Fitness

Not included with RSC Annual Membership PLUS

### Boot Camp • Ages 16+ • COED

Join us for the best wake-up call there is – a no-nonsense military-style workout. Sprints, push-ups, abdominals, basic calisthenics and weight training are all included in this intense class. Rapid body-changing results are guaranteed! Fitness tests are conducted the first and last day of class. All levels are welcome!

31620	M/W/F	5:30-6:30A	Apr 2	RSC	\$72/\$81
32906	M/W/F	5:30-6:30A	May 14	RSC	\$72/\$81
32907	M/W/F	5:30-6:30A	Jun 25	RSC	\$72/\$81

### Vinyasa Yoga

This challenging, vigorous form of yoga focuses on the synchronization of breathing with the continuous flow of movement. This is a great whole body workout.

31624	M/W	7:25-8:25P	Apr 2	RSC	\$75/\$84
32910	M/W	7:25-8:25P	May 14	RSC	\$75/\$84
32911	M/W	7:25-8:25P	Jun 25	RSC	\$75/\$84

## Zumbatomic® • Ages 4–9 **NEW!**

More than just a great reason to head to the gym, Zumbatomic classes make getting fit a fun experience. Zumbatomic® classes are high-energy fitness parties with specially-choreographed dance routines to the latest music, like hip-hop, reggaeton and cumbia. Class perks include increased focus, self-confidence, and improved metabolism and coordination.

31817	M	4:00-5:00P	Mar 12	RSC	\$20/\$23
33012	M	4:00-5:00P	Apr 9	RSC	\$20/\$23
33013	M	4:00-5:00P	May 7	RSC	\$20/\$23
33014	M	4:00-5:00P	Jun 11	RSC	\$20/\$23

## Hip Hop Hustle™ Friday Night Party! **KK**

Join us on the last Friday of the month for a party like no other! Hip Hop Hustle™ is a combination of easy-to-learn hip-hop dance moves perfectly choreographed to motivating, high energy music. It's the ultimate cardiovascular challenge! Hip Hop Hustle™ requires no previous dance experience. We guarantee that once you try it, you'll have more fun doing Hip Hop Hustle™ than any other format. Pre-register or drop in.

31806	F	5:30-6:30pm	Mar 30	RSC	\$5/\$7
32867	F	5:30-6:30pm	Apr 27	RSC	\$5/\$7
32868	F	5:30-6:30pm	May 25	RSC	\$5/\$7

## Outdoor Boot Camp **KK**

Enjoy the great outdoors while you get in shape in with this challenging, 60-minute class, which includes short runs, isolated muscle drills and calisthenics. A fitness test will be conducted on the first and last day of class. All fitness levels are welcome.

32943	TU/TH	6:30-7:30P	May 15	RSC	\$52/\$59
32944	TU/TH	6:30-7:30P	Jun 26	RSC	\$52/\$59

## Physical Fitness 101 • Ages 7–15 **NEW!**

Physical fitness for homeschooled students and parents

This four-week class offers structured physical activities that will give children the building blocks for proper fitness development, and they will have fun doing it, too. Activities are age-appropriate. Parents may also sign up for a boot-camp-style class and make getting physically fit a family affair.

### Child-only registration (per child)

33078	W	1:00-2:00P	Apr 11	RSC	\$20/\$23
33079	W	1:00-2:00P	May 16	RSC	\$20/\$23
33080	W	1:00-2:00P	Jun 13	RSC	\$20/\$23

### Parent and child registration

33081	W	1:00-2:00P	Apr 11	RSC	\$30/\$34
33082	W	1:00-2:00P	May 16	RSC	\$30/\$34
33083	W	1:00-2:00P	Jun 13	RSC	\$30/\$34

All classes meet for six weeks unless otherwise indicated.

## Fitness Classes at Civic Annex

127 and 129 Triad Center West, O'Fallon, MO 63366

### Zumba®

Zumba® fuses hypnotic Latin rhythms and easy-to-follow movements into a dynamic, fat-burning, body sculpting workout that will blow you away. Routines incorporate fun music and interval training. This class is offered at the same time as Dance Blast for kids so that you can make getting fit a family experience.

31599	SA	8:15-9:15A	Apr 7	CA	\$25/\$29
32879	SA	8:15-9:15A	May 19	CA	\$25/\$29
32880	SA	8:15-9:15A	Jun 30	CA	\$25/\$29

### Dance Blast • Ages 4–9 **NEW!**

Kids, join this high-energy dance party and have fun while working out. This class is offered at the same time as ZUMBA.

33084	SA	8:15-9:15A	Apr 7	CA	\$25/\$29
33085	SA	8:15-9:15A	May 19	CA	\$25/\$29
33086	SA	8:15-9:15A	Jun 30	CA	\$25/\$29

### Step into Fitness

This fun, energetic cardio-and-body-sculpting class incorporates step aerobics, exercise balls, weights and resistance bands. Put it all together for a total fitness package and you'll increase your cardiovascular strength, muscular endurance, core stability, balance and flexibility.

31572	M/W	6:15-7:15P	Apr 2	CA	\$31/\$36
32946	M/W	6:15-7:15P	May 14	CA	\$31/\$36
32947	M/W	6:15-7:15P	Jun 25	CA	\$31/\$36

### TRX Suspension **NEW!**

Suspension Training is a revolutionary method of leveraged bodyweight exercise. This class is designed to prevent injuries and to help build power, strength, flexibility, balance and mobility – all at the intensity you choose. The range of motion and dynamics of the system allow you to perform unique, multi-plane exercises with varying resistance. To request a time that is not listed, please call Ty Joyce at 636-474-8122.

33087	M/W	7:00-8:00P	Apr 23	RSC	\$144/\$160
33088	M/W	7:00-8:00P	Jun 11	RSC	\$144/\$160

The Kids' Korner logo **KK** indicates programs during Kids' Korner's hours of operation. See page 6 for details.

## Group Cycling

Group cycling provides a great workout for a wide variety of fitness levels. Our indoor cycling classes present amazing cardio challenges, varying speeds and resistance levels, hill climbs, flat sprints, and more! Each workout is a new journey, so you'll never be bored.

For details, please contact Ty Joyce, Recreation Specialist, at [tjoyce@ofallon.mo.us](mailto:tjoyce@ofallon.mo.us) or 636-474-8122.

### Cycle Boot Camp

Join the ultimate cross-training class! A superb combination of hills, sprints, and endurance training on the bikes with intense, boot-camp-style cardio and strength training intervals on the ground will burn those calories and make you sweat!

*(Minimum enrollment is five; maximum is 10.)*

31628	TU/TH	5:30-6:30A	Apr 3	RSC	\$52/\$59
32914	TU/TH	5:30-6:30A	May 15	RSC	\$52/\$59
32915	TU/TH	5:30-6:30A	Jun 26	RSC	\$52/\$59

### Group Cycle

Join the group for a workout that will have you cycling through every type of terrain: flat roads for endurance, hills for strength and a bit of wind behind you for speed. Hills and fast-speed sprint intervals put the "spin" on this superior cycling experience. *(Minimum enrollment is five; maximum is 10.)*

31757	M/W/F	5:30-6:30A	Apr 2	RSC	\$72/\$81
31760	TU/TH	7:00-8:00P	Apr 3	RSC	\$52/\$59
31765	SA	7:15-8:15A	Apr 7	RSC	\$27/\$31
32916	M/W/F	5:30-6:30A	May 14	RSC	\$72/\$81
32919	TU/TH	7:00-8:00P	May 15	RSC	\$52/\$59
32924	SA	7:15-8:15A	May 19	RSC	\$27/\$31
32917	M/W/F	5:30-6:30A	Jun 25	RSC	\$72/\$81
32920	TU/TH	7:00-8:00P	Jun 26	RSC	\$52/\$59
32925	SA	7:15-8:15A	Jun 30	RSC	\$27/\$31

### Live a Headache-free Lifestyle **NEW!**

Learn what could be causing your headaches and natural solutions for treating them. To register, please contact Stacie at The Chiropractic Wellness Connection by calling 636-978-0970. Registration is required.

W	6:00-7:00P	Apr 11	RSC	FREE
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### Balancing Hormones Naturally **NEW!**

Do you suffer from fatigue, insomnia and mood swings? Please join us to learn about a natural approach to hormone problems. To register, please contact Stacie at The Wellness Connection by calling 636-978-0970. Registration is required.

W	6:00-7:00P	May 2	RSC	FREE
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## RSC Runners Club

The Renaud Spirit Center is hosting a runners club for runners of all levels, including beginners. Each week, participants join a group of fellow runners at their choice of a 3-4 or 6-8 mile run led by RSC trainers and staff. This is the perfect opportunity to meet a great group of people who run together, occasionally race together and have a lot of fun together.

31687	SU	7:00A	Ongoing	RSC	\$20
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### Stress Elimination **NEW!**

Learn the causes of stress, who gets stressed, and most important, how to eliminate stress from your life. This free lecture will be presented by Kimberly Hoff, Pharm D, BCPS, DDR, BCAPS. Please RSVP to Kim at 636-448-2695.

TH	6:00-7:00P	May 17	RSC	FREE
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### Stress Management **NEW!**

How are you doing on your 2012 wellness goals? If you need a little help and motivation to reduce stress in your life and continue with your wellness program, please contact Stacie at The Wellness Connection by calling 636-978-0970. Registration is required.

W	6:00-7:00P	Jun 13	RSC	FREE
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### Ask the Doctor

On the first Monday of each month from 5-7 p.m., Dr. Matthew Nicholson, a chiropractor with the Back Pain Center, will offer his expertise and answer your questions, free. If you have back pain, muscle tightness, or simply have questions about improving your posture or core strength, he has an answer for you. There's no need to sign up; just stop by his table near the RSC Fitness Center desk.

### Heart Health Biometric Screening

On the first Wednesday of every month, from 10 a.m.-1 p.m., the Wellness Mobile will provide free heart health biometric screenings at the Renaud Spirit Center, including blood pressure, resting heart rate, blood oxygen levels, weight, and body mass index. For more information, visit [www.wellnessmobile.com](http://www.wellnessmobile.com), call 636-577-9458 or email [monica@wellnessconnection-ofallon.com](mailto:monica@wellnessconnection-ofallon.com).

### Body Composition Analysis **NEW!**

It's not how much you weigh, but the amount of body fat you carry that's potentially dangerous to your health. Body-fat percentage is a much better indicator of overall health and fitness than just weight alone, because too much body fat increases your risk of developing serious health problems such as high blood pressure, high cholesterol, heart disease, diabetes, and cancer. To sign up for this analysis, please call Monica at 636-577-9458 or email [monica@wellnessconnection-ofallon.com](mailto:monica@wellnessconnection-ofallon.com).

W	3:00-6:00P	Apr 25	RSC	\$19.99
W	10:00A-1:00P	Jun 13	RSC	\$19.99

## Opportunities for Instructors and Trainers

The Fitness Program welcomes qualified, dependable people willing to share their knowledge with others. If you are certified and have experience in any fitness programs, whether listed below or not, plus an interest in working with others, please contact Ty Joyce, Recreation Fitness Specialist, at 636-474-8122 or [tjoyce@ofallon.mo.us](mailto:tjoyce@ofallon.mo.us).

## Weight Room Orientation • Ages 12–15

Youth ages 12–15 are REQUIRED to enroll in and attend the Weight Room Orientation before they will be permitted to use the Fitness Center, including the Weight Room. After attending the class, teens 12–15 must get a wristband at the front desk whenever they wish to use the Fitness Center, where they must wear the wristband at all times. (If the class size is small, Fitness Center staff may cover all material in one session.)

32929	M/W	7:00-7:45P	Apr 16	RSC	\$35/\$40
32930	M/W	7:00-7:45P	May 14	RSC	\$35/\$40
32931	M/W	7:00-7:45P	Jun 11	RSC	\$35/\$40

## Fuzecraze – AFAA workshop NEW!

This one-day dance fitness workshop fuses a variety of international dance styles and rhythms, and is great for instructors who teach dance-based classes, such as Hip-Hop, Latin, Disco, African and other styles. Learn the tools to create a total-body workout that blends aerobic training and muscle toning. The workshop covers creative choreography building methods, class design, cueing techniques, music utilization, dance style history and a whole lot of choreography! Participants will learn the drills and skills necessary to master the use of choreography to create a workout that is safe, effective, easy-to-follow and most of all, fun! You must register in advance at [www.afa.com](http://www.afa.com). See website for cost.

SA	9:00A-6:00P	Apr 14	RSC
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## Aqua Aerobics

### Therapeutic Aqua Aerobics

Here's a great way to start your mornings if you have arthritis or a bone and joint condition — treat your bones to warm water and relieve aches and pains. No swimming skills are required in this four-week class! Aquatic workouts relieve muscles of weight-bearing stress as they strengthen muscles and joints. Our specialized instruction will help you improve movement and flexibility.

32757	TU/TH	8:40-9:40A	May 10	RSC	\$30/\$34
32758	TU/TH	8:40-9:40A	Jun 12	RSC	\$30/\$34
32761	TU/TH	8:40-9:40A	Jul 19	RSC	\$30/\$34

## Aqua Aerobics Power Card

Having trouble finding an aqua aerobics class to fit your schedule? Create your own schedule with an aqua aerobics power card good for any 12 aqua aerobics classes. Enrollment is made on a first-come-first-served basis. Power Cards are valid for three months from purchase date. Classes may be cancelled due to low registration.

\$57 Resident/member, \$63 Non-resident

## Aqua Fit Aerobics Beginner

Swimming skills are not required for this four-week beginner class, which offers a great way to get started in our water exercise program. Water aerobics is a low-impact exercise that strengthens muscles and joints and provides a great cardiovascular workout in the pool.

### Morning Classes

32720	TU/TH	7:35-8:35A	May 10	RSC	\$30/\$34
32721	TU/TH	7:35-8:35A	Jun 12	RSC	\$30/\$34
32722	TU/TH	7:35-8:35A	Jul 19	RSC	\$30/\$34
32724	M/W	9:45-10:45A	May 9	RSC	\$30/\$34
32725	M/W	9:45-10:45A	Jun 13	RSC	\$30/\$34
32726	M/W	9:45-10:45A	Jul 18	RSC	\$30/\$34

### Evening Classes

30880	TU/TH	6:40-7:40P	Jan 5	RSC	\$30/\$34
30882	TU/TH	6:40-7:40P	Feb 7	RSC	\$30/\$34
30889	TU/TH	6:40-7:40P	Mar 8	RSC	\$30/\$34
30890	TU/TH	6:40-7:40P	Apr 10	RSC	\$30/\$34
30879	M/W	8:00-9:00P	Jan 4	RSC	\$30/\$34
32728	TU/TH	6:40-7:40P	May 10	RSC	\$30/\$34
32729	TU/TH	6:40-7:40P	Jun 12	RSC	\$30/\$34
32730	TU/TH	6:40-7:40P	Jul 19	RSC	\$30/\$34

## Aqua Power Aerobics Intermediate

Are you are looking for an exercise that's easy on your joints? Join our four-week water aerobics class for an exhilarating workout with high, medium and low-intensity exercises. No swimming is required. Our workout focuses on cardiovascular fitness and muscle conditioning with water dumbbells, noodles and other equipment.

### Morning Classes

32747	M/W	8:40-9:40A	May 9	RSC	\$30/\$34
32748	M/W	8:40-9:40A	Jun 13	RSC	\$30/\$34
32749	M/W	8:40-9:40A	Jul 18	RSC	\$30/\$34
32743	TU/TH	9:45-10:45A	May 10	RSC	\$30/\$34
32744	TU/TH	9:45-10:45A	Jun 12	RSC	\$30/\$34
32740	TU/TH	9:45-10:45A	Jul 19	RSC	\$30/\$34