


Total Body Workout (TBW)	
Designed for individuals that want to work with the expertise of a Personal Trainer in a group setting. A no nonsense physical conditioning program that combines strength, cardio, and sports conditioning drills for beginner to advanced participants. Trainers keep things lively with some military, martial arts, and sports moves, resulting in a lot of fun! Outdoor sessions: meet 10 min. prior to start time at LaFarge Lake - 2nd parking lot (west side) after Park Entry.	
	
Participant	Rate
Member	\$149 /month
Non-Member	\$225 /month
*Ask about our 12 session card.	

SPECIALTY CLASSES
Additional Fees: See prices listed (Non-members pay additional 25%). *EARLY BIRD: Register 2 weeks before start date and save \$10
Pilates - All Levels
(once a week - \$59 / 6 weeks) (twice a week - \$99 / 6 weeks)
Yoga- Hatha
(once a week - \$59 / 6 weeks) (twice a week - \$99 / 6 weeks)
INDOOR CYCLING EXPERIENCE (I.C.E.):
Start any time. Ask for your 3 complimentary sessions. \$99 for 3 months \$129 for 6 months. See brochure for further details



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:05	MUSCLE PUMP				20/20/20		
9:30	HI/LO	CARDIO KICKBOX 9:15 (75 min)	MUSCLE PUMP	20/20/20	MUSCLE PUMP	8:30 I.C.E.	CARDIO KICKBOX
9:30	I.C.E.	I.C.E.	I.C.E.	I.C.E.	I.C.E.	HI/LO I.C.E. 9:45	I.C.E.
10:45			20/20/20			POWER HOUR	20/20/20
4:15	MUSCLE PUMP						
5:30	CARDIO KICKBOX	STEP 3	20/20/20	BALL/SCULPT	ZUMBA		
6:30	ABS & STRETCH (45 min)	I.C.E.	ABS & STRETCH (45 min) I.C.E.	POWER HOUR I.C.E.	TBW		
7:30	I.C.E.			CARDIO KICKBOX			
7:30	TBW	ZUMBA	TBW				
8:30	PILATES (ALL LEVELS)			HATHA YOGA			

*All classes are 60 minutes unless indicated. This schedule is subject to change without advance notice. Statutory Holidays: Look for special classes or time changes.

CLASS DESCRIPTIONS

HI/LO IMPACT	High energy workout that combines high (jumping) and low Impact moves.
STEP	Energetic choreography on an adjustable step. Double Step=Advanced choreography on 2 steps.
MUSCLE PUMP	A full body workout that develops muscular strength, endurance, shape and tone.
CARDIO KICKBOX	Incorporates the kicks from martial arts and the punches from boxing. Improves endurance, strength and speed.
ABS & STRETCH	45 or 60 minutes focusing on the abdomen, low back and stretches.
20/20/20	20 mins of Step Cardio, 20 mins of Body Sculpt, 20 mins of Abs & Stretch. Get it all in 1 hour, energetic choreography on an adjustable step, muscular strength, endurance, shape, tone, finishing it off with core conditioning and a relaxing deep stretch.
BODYBALL	All level total body workout targeting strength, endurance, flexibility and balance. Could have cardio component.

SPECIALTY CLASSES *Additional Fees Required

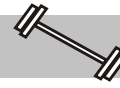
YOGA Additional Fee	Register for 6 progressive sessions of Hatha Yoga - Powerful Strengthening Stretch.
PILATES Additional Fee	A muscle lengthening workout that focuses on core strengthening of abdomen and back and balance.
I.C.E. Additional Fee	Indoor Cycling Experience: Cycling to music for endurance, performance and fun. All fitness levels welcome. Sign-in sheet is available 30 min. prior to class time. Please sign in at front desk
TOTAL BODY WORKOUT Additional Fee	(TBW) Conducted by Personal Trainers and Elite Athletes. See description on left side.
ZUMBA Additional Fee	A South American cardio dance class. Have fun while working up a sweat!

CLUB ETIQUETTE

- Screening:** All participants must complete a health screen and waiver prior to exercise
- Front Desk:** Sign in or scan membership cards on every visit.
- New members** are entitled to 1-3 supervised orientation workouts. Please book appointments.
- Wear** clean athletic clothing and footwear to allow freedom of movement and support. NO Sandals.
- Bring a lock.** Lockers are for daily use. Do not bring workout bags onto exercise floor.
- Carry a towel.** If you perspire on the equipment, wipe it for the next member.
- Carry a water bottle.** Drink water regularly to hydrate yourself.
- Eat** 2 - 4 hours before a workout if it is a main meal, or 1 - 2 hours before exercise if it's a light meal.
- Warm-up and cool down** for each workout.
- Cardio Equipment.** There is a 30 minute maximum during prime time hours and when others are waiting.
- Workout cards** are filed: 1) by gender, 2) by last name alphabetically
- Assistance:** Before engaging in the use of unfamiliar exercises/equipment please ask a staff member for a demonstration. If you have any questions, feel free to ask our instructors or go to the **Service Desk**.
- Service Desk:** Members may book appointments for retesting and progress evaluations every 6 - 8 weeks.
- Behave** in a manner that is respectful, collegial, and polite. Loud and aggressive behavior is unacceptable.
- Read** and adhere to posted guidelines and changes to club etiquette.
- Overexertion:** If you feel faint or dizzy, stop and ask for assistance.
- Guests:** Guest Passes can be obtained from staff. Drop in fee: \$20. All guests must be supervised in the weight room.



WEIGHT ROOM DEFINITIONS



- **Repetition:** a single lift of an exercise. • **Set:** A series of repetitions before a rest period. 1-3 sets/exercise.
- **Rest Period:** an average of 30 - 90 seconds between sets. Allow others to use the machine between sets.
- **Circuit:** a series of machines placed in the order you must use them. One set on each machine.
- **Free Weights:** dumbbells, barbells, plates, collars/clips (holds plates on barbells), and racks.
- **Spotter:** a workout partner who supervises a set to ensure maximum benefits and to reduce the risk of injury.

FREE WEIGHT RULES

1. ALWAYS use collars/clips on the barbells to hold the plates on the bar.
2. RETURN ALL PLATES AND DUMBBELLS TO THE APPROPRIATE RACKS AFTER USE.

DO NOT: - drop the dumbbells on the floor
- "bang" the dumbbells together or bang weight stacks on machines.

Club Hours

Mon - Thurs	5:30 am - 11:00 pm
Friday	5:30 am - 10:00 pm
Saturday	7:30 am - 7:00 pm
Sunday	7:30 am - 10:00 pm

Child Minding

Times:

Monday - Friday	9:00 am - 1:00 pm 5:00 pm - 9:00 pm
Saturday & Sunday	9:00 am - 12:30 pm

Rates:

Per Child	\$3.50 up to 90 minutes \$2.00 next 10 -30 minutes
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GUEST (19 yrs.or older)

Guest Drop-in Fee \$20.00

- Guest passes can be obtained from an instructor.
- Please arrive 30 minutes before a class.
- A guest may participate in an exercise class after completing a medical questionnaire and instructor briefing.

PERSONAL TRAINING

Learn the benefits of training with a Personal Trainer and how to get the best results. If you could do it on your own, you would have already done it! Let us help you reach your goals by starting today.

**Contact the front desk today
to book your free consultation.**