

## Fitness Plus - Class Schedule

### **Cycle:** A Fabulous Cardio/Strength Workout!

Cycling is done on a specially modified stationary bike that allows the rider to control pedaling resistance. The instructor takes you through a variety of workouts to increase stamina, strength, tone legs, buttocks, and arms. Classes are for all levels. The instructor will set up bikes for new cyclists and offer suggestions to increase difficulty for more advanced riders. Bring a water bottle and towel to class.

M, W, & F 5:45 a.m.-6:30 a.m. with Chris.

Reserve at front desk after noon of the day before the class you wish to attend.

Member—\$5/class or \$12.50/mo.

Guest \$7/class, \$32.50/mo. or 10 visits \$59 (3 mo. Expiration)

### **Yoga:** Mind/Body/Spirit with Whitney

Yoga is the union of body and mind. It is an unsurpassed way to build strength, stamina and flexibility while cultivating a sense of graceful peace and well being, and developing greater mind and body awareness. Yoga is a “fountain of youth.” Whitney teaches in the Iyengar style with some Kundalini and an emphasis on postural alignment.

Intro to Yoga: Tues. 5:45-7 p.m.

Single Class - Member \$7 Guest \$9

Intermediate Yoga: Wed. 5:30-7 p.m. AND Sat. 10:00-11:30

Single Class - Member \$7 Guest \$9

### **Pilates Mat** with Theresa

Through exercises done on a mat on the floor, this class teaches mastery of the body through increased flexibility, improved posture, balance and core strength. Reduce stress and fatigue, improve posture, feel & move better!

Sat., 9-10 a.m.

Single Class - Member \$7 Guest \$9