

Fitness Class Descriptions

Art of Exercise in Belly Dancing

Coordinates various movements to enhance, tone and strengthen abdominal area and hips.

Body Sculpt/Upper/Lower/Full Body

Non-aerobic class featuring floor exercise using dyna-bands or hand weights and resist-a-ball abs.

Boot Camp

A combination of cardio and sculpting moves that work the entire body. These moves include jumping jacks, push-ups, step-ups, squats and much more.

Cycle/Run

45 minutes of cycling and 10 minutes of running, followed by stretching and core/ab work.

Kick Boxing/Interval

This high energy workout includes conditioning moves (high or low), sports drills, squats, punches and kicks, body sculpt (weights and tubes) push-ups, abs, stretches and a cool down.

Low Impact Aerobics

45 minutes of cardio moves and 15 minutes of toning/stretching. Learn a simple dance combination to raise your heart beat and build your stamina.

Pilates

This total core body toning and strength-building class targets the abdominal and mid-body area.

Senior Strength Training

Improve your everyday functioning and physical fitness. This class includes stretching and the use of medium/light weights and dyna-bands.

Step Aerobics

A total body aerobic conditioning and strength training workout, using steps and a platform.

Studio Cycle

55 minutes on a cycle, followed by a 5 minute cool down.

Tai-Chi

This low-impact aerobic exercise will improve your physical condition, muscle strength, coordination and flexibility.

Water Exercise

Enjoy low-impact aerobics and benefit from the advantage of water resistance and the ease of movement with decreased stress on the joints.

Yogalates

Combines movements from yoga and pilates-style exercise to develop core strength, increased flexibility, muscle tone and stress reduction.

All of these classes, conducted in the Aerobics Studio, are free for passholder A patrons. Other patrons may participate at a daily cost of \$3.

Rock Climbing at The Center

Rock Rangers

for ages 6 – 12

Children will learn to climb in a safe controlled atmosphere. Participants will not learn to belay; only the auto belays will be used. *Class is limited to 6 participants.*

Saturday 9 to 9:50 a.m.
or 10 to 10:50 a.m.

Pass A \$35 Pass B \$42
Resident \$50 Non Resident \$60

All sessions are five weeks in duration.

Winter 2 Session begins March 7.

Spring session begins April 25.
No Class May 23.

Family Climb

for ages 6 – adult

Get the family together for a fun time of climbing. Participants will learn basic climbing safety, voice commands, and gear. Both manual and auto belay's will be used. *Class is limited to 4 Families (3 people per family).* Saturday 11 a.m. to 12:30 p.m.

2 people per family.
Pass A \$60 Pass B \$75
Resident \$90 Non Resident \$100

3 people per family.
Pass A \$80 Pass B \$96
Resident \$115 Non Resident \$125

Call to register, or for more information (313) 943-2350