

Adult Programs

Fall Session



Pilates

Mat Science: our most requested course!
Pilates focuses on increasing flexibility and strengthening your core muscles.
Classes meet once a week For 8 weeks.

Course # 106 Monday 4:30pm begins October 5

Course # 128 Wednesday 6:45pm begins October 1

Cost: Member: Free Nonmember: \$109 Drop in fee: \$15



Aquacise

This non-impact aerobic class uses the resistance of the water to strengthen your heart and tone your muscles. Perfect for all activity levels, including seniors and first time exercisers.

Classes meet once a week For 8 weeks.

Course #111 Tuesday 11:15am begins 9/29

Course #113 Tuesday 7:30pm begins 9/29

Course #121 Wednesday 7:30pm begins 9/30

Course #123 Thursday 11:15am begins 10/1

Course #127 Thursday 7:30pm begins 10/1

Course #130 Friday 12:15pm begins 10/2

Cost: Member: Free Nonmember: \$79
Drop in fee: \$12



Yoga

Yoga is a gentle workout designed to Increase body strength, proper Alignment, flexibility and breathing. Chair Yoga is for those who may have Trouble getting down to the floor. Classes meet once a week For 8 weeks.

Yoga:

Course #112 Tuesday 7:30pm begins 9/29

Course #129 Friday 10:00am begins 10/2

Chair Yoga:

Course #118 Wednesday 12:30pm begins 9/30

Cost: Member: Free Nonmember: \$109
Drop in fee: \$15