



# FITNESS CLASSES

**M**onday

**T**uesday

**W**ednesday

**T**hursday

**F**riday

## Early-Morning

<b>Morning Mix-Up</b> GX 5:30 Karen	<b>Water Aerobics</b> ◆ 5:30 JoAnn	<b>Morning Mix-Up</b> GX 5:30 Karen/Kay	<b>Water Aerobics</b> ◆ 5:30 JoAnn	<b>Morning Mix-Up</b> GX 5:30 Kay
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## Morning

<b>Cardio Circuit</b> GX 8:30 Jolene	<b>Strength Circuit</b> 8:30 Aimee	<b>Cardio Circuit</b> GX 8:30 Jolene	<b>Strength Circuit</b> 8:30 Aimee	<b>Cardio Circuit</b> GX 8:30 Jolene
<b>Water Aerobics</b> ◆ 8:30 Sue	<b>Zumba</b> ◆ Gym 8:30 Marsha	<b>Water Aerobics</b> ◆ 8:30 Sue	<b>Zumba</b> ◆ Gym 8:30 Marsha	

## Silver & Fit Classes - 9:45am weekdays

<b>Stretch &amp; Flex</b> ◆ GX 9:45 Janie	<b>Chair Yoga</b> ◆ GX 9:45 Chris	<b>Stretch &amp; Flex</b> ◆ GX 9:45 Janie	<b>Zumba S&amp;F</b> ◆ GX 9:45 Marsha	<b>Stretch &amp; Flex</b> ◆ GX 9:45 Chris
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## Noon

<b>HMC \$</b> 12:10 Mike	<b>Spin40</b> ◆ BSMT 12:10 Karen	<b>HMC \$</b> 12:10 Mike	<b>Yoga40</b> ◆ GX 12:10 Karen	<b>HMC \$</b> 12:10 Mike
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## Afternoon/Evening

<b>Water Aerobics</b> ◆ 4:45 Nicole	<b>Boot Camp</b> GX 5:30 Erin	<b>Water Aerobics</b> ◆ 4:45 Nicole	<b>Boot Camp</b> GX 5:30 Erin	<b>Body Pump</b> GX 5:30 Amy/Amber
<b>Yoga40</b> ◆ GX 5:30 Karen	<b>Spin30</b> ◆ BSMT 5:30 Amber	<b>Body Pump</b> GX 5:30 Amy	<b>Spin30</b> ◆ BSMT 5:30 Amy	
<del><b>Spin30</b> ◆ 6:15 Karen</del> Off for summer	<b>Straps30</b> BSMT 6:00 Amber	<b>Yoga</b> ◆ S2 6:00 Molly	<b>Straps-30</b> BSMT 6:00 Amy	
<b>Body Pump</b> GX 6:15 Amber				

## Saturday 8:30am

8:30am **Cardio Circuit**  
 Week #1 **Amber** #2 **Jolene**  
 #3 **Amy** #4 **Mike**

### Key

**GX** = Group X Studio    **S2** = Studio #2  
**GYM** = Basketball Court    **BSMT** = Basement  
**\$** = Paid Classes    ◆ = Low Impact Class  
 \*Class info on back

# CLASS INFO

◆ = Low Impact Classes

## GROUP X FITNESS CLASSES

FREE w/membership

### Morning Mix-Up

Need a kick to wake up in the morning? This class provides a highly active workout that will start your day right! The challenges never stop! Strength Stations, HIIT, Cycling, Yoga, Suspension Training & more!

### Cardio Circuit

Combine continuous cardio with full-body strength training. This workout will burn serious calories & tone you up!

### Yoga ◆

Stimulate muscle development & flexibility. Flowing postures will keep your heart-rate up & work you core.

### Body Pump by Les Mills

An intense full body workout using weighted barbells and high repetitions. This cardio-strength building class will burn fat and sculpt your body quickly.

### Zumba ◆

This fun class uses simple Latin-inspired dance steps to work your core and burn calories.

### Water Aerobics (POOL) ◆

Get your heart rate pumping using the resistive properties of the water to kick the cardio up and get you stronger, all in the low impact environment of the pool. Swimming skills not required. Max depth of pool = 4ft

### Boot Camp

This intense workout combines a variety of tried & true methods such as high volume, high intensity, & interval training. All fitness levels are welcome, no matter where you are in your fitness journey, there is a spot for YOU. No class is ever the same.

### Spin / Indoor Cycling ◆

A fast-paced high intensity calorie-burning workout. Build endurance and strength riding all terrains including flats hills and jumps

### Straps

Incorporating **Suspension Training Straps**, this body-weight workout develops strength, balance, flexibility & core stability. Any fitness level can participate in this workout!

## ACTIVE AGING CLASSES

FREE w/membership

### Stretch & Flex (chair) ◆

Have fun & move through a variety of exercises designed to increase muscle strength, range of movement & activities for daily living. Hand-held weights, elastic tubing resistance. A chair is used for seated exercises and standing support.

### Chair Yoga ◆

Chair Yoga invites you to find mobility in a way that is soft & gentle. Activate the muscles that help you find better posture & energy flow.

### Zumba Active ◆

This fun class uses simple Latin-inspired dance steps to work your core and burn calories. This class is also help your balance and flexibility. The music is lower in this class.

# HMC

Small Group Training

**Effort over Excuses   Movement over Image   Habit over Quick-Fixes**

**Human Metabolic Circuit (HMC)** This Small Group Training program emphasizes strength development, calorie burn, & functional training.

<u>Pricing</u>	AWC Members	Non-Memb
Single Class:	\$10	\$20 <sup>+tax</sup>
Monthly EFT:	\$60	\$110 <sup>+tax</sup>
9 Week Session:	\$140	\$240 <sup>+tax</sup>

**HMC** combines performance-driven fitness with "old school" methods that will deliver a unique workout experience that will push you past what you **"think"** your limits are!

## How is HMC/Small Group Training different from other Group X Classes?

The two main differences: **Limited number of participants (Cap of 10) & Trainers do not workout with the class.** This allows the Trainer to individualize the workout for each participant. The trainer is freed up to help individuals by correcting form, modifying exercises if needed, or encouraging each individual to do their best!