LOW IMPACT AEROBICS

Instructor: Dolores

A perfect introductory class for anyone interested in an exercise program without the hard impact on your joints. Participants can expect a challenging class without all the jumping and leaping. Fee for this class is $3.00 per visit.

BASIC STEP CIRCUIT

Instructor: Debbie

This class is a good introduction to Step Aerobics for the beginner exerciser. The instructor will take you through a brief warm up and then the fun begins. The class provides you with intervals of Step Aerobics and Resistance Training. If this class is for you, each class is $3.00 a visit.

CARDIO KICK

Instructor: Debbie

This class may not be for the beginning exerciser. Each class you can expect to work. The class will take you through some aerobics, basic kickboxing moves and strength training routines. Just bring your water bottle, a towel and a whole lot of determination. If you'd like to challenge yourself, this class is for you, each class is $3.00 a class.

STEP AEROBICS

Instructor: Dolores

This class provides the ideal workout for those students who want to challenge themselves. Each class consists of a warm up, step aerobics and some light weight training. You may join in on this class for a fee of, $3.00 per class.

LOW IMPACT & TONE

Instructor: Debbie

This class will provide you with a great overall body workout. The class begins with a stretch and warm up and then gets into the Low Impact Aerobics. The second half of the class will include muscle toning utilizing several different types of resistance equipment. The fee for this class is $4.50. (please note that this is a 1 1/2 hour class)

STEP & TONE

Instructor: Debbie

This class will provide you with a great overall body workout. After you've had a good stretch and warm up, you'll take on the Aerobic Step. After working your legs and your heart, you then jump into the muscle toning, where you'll utilize several different types of resistance equipment. The fee for this class is, $4.50. (please note this is a 1 1/2 hour class)

STRETCH CLASS

Instructor: Dolores

Full body movements increase blood flow to the muscles - excellent before or after your workout. This is a new addition to our aerobics program lineup. You may join in on this class for a fee of, $3.00 per class.

TOTAL BODY CONDITIONING

Instructor: Dolores

Resistance bands, body bars and handheld weights sculpt your major muscle group, while stretching creates a balanced workout. This is a new addition to our aerobics program lineup. You may join in on this class for a fee of, $3.00 per class.

FIT BALL CLASS

Instructor: Dolores

Use large swiss balls to strengthen abdominals and back muscles and improve balance and posture. Shoes: any athletic shoe. This is a new addition to our aerobics program lineup. You may join in on this class for a fee of, $3.00 per class.

AEROBICS CLASS PUNCH PASSES:

Punch passes may be purchased for any of our aerobic exercise classes. Our punch passes have no expiration date and will be honored as long as there are punches remaining on the card. Passes can be purchased in 10 class increments. The prices for passes are as follows:

10 - Classes Resident Rate = $30.00
10 - Classes Non-resident Rate = $45.00

Punch passes may be purchased during normal business hours in the Fitness Center Front Office.