BOOM MOVE
A fun, dance-inspired work-out class combining light weights and training
THURSDAYS AT 11:00 a.m.
Community Center
NON-SILVER SNEAKERS:
$5.00 per class
Complimentary for Silver Sneakers Members

SWIM FOR FIT / MASTERS SWIM
Brush up on stroke technique, maintain fitness, train for meets or prepare for a triathlon.
TUESDAYS AND THURSDAYS
7:30 p.m. - 8:30 p.m.
FEES:
$6.00 per class
$30.00 per month

PILATES
TUESDAYS AND THURSDAYS
9:00 a.m. - 10:00 a.m.
WEDNESDAYS
6:30 p.m. - 7:30 p.m.
RESIDENT FEES:
$7.00 per class
$40.00 for 8 Weeks
NON-RESIDENT FEES:
$9.00 per class
$50.00 for 8 Weeks

ZUMBA
A total workout combining all elements of fitness
MONDAYS 6:00 p.m.
Complimentary class sponsored by Baptist Health

STRONG by ZUMBA
Weight, muscle conditioning, cardio and plyometric training to music
WEDNESDAYS 5:30 p.m.
RESIDENT FEES:
$8.00 per class
NON-RESIDENT FEES:
$10.00 per class

NMS SOCIETY YOGA
National Multiple Sclerosis Society yoga class for all levels, mixed ability, postures performed in chairs or mats.
WEDNESDAYS 11:00 a.m. - 12:00 p.m.
FEES: Complimentary