**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  
7:00 p.m. - 8:00 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  
Complimentary class sponsored by Baptist Health

**ZUMBA FIT**
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

**ZUMBA gold**
Low-intensity Zumba for active adults  
SATURDAYS 10:30 a.m.  
Complimentary class sponsored by Baptist Health