

FITNESS CLASSES

Yoga

Join the Arc Center's certified Instructors for a form of exercise that is certain to change your way of thinking about "working out". Yoga is an exercise for both the young and old. It has many wonderful health benefits and regular practice will increase strength, balance and flexibility. You will leave the class feeling both energized and relaxed. Please wear loose, comfortable clothing and bring a large towel or blanket to class. Yoga mats will be provided. (KK)

14+ yrs

Classic Morning		Instructor: Dee C.		
M	5/4-6/29*	9:00-10:00am	108008-02	\$36/\$48/\$64
M	7/6-8/31	9:00-10:00am	208008-01	\$41/\$54/\$72
* No Class 5/25				
Th	5/7-6/25	9:00-10:00am	108008-06	\$36/\$48/\$64
Th	7/2-8/27	9:00-10:00am	208008-03	\$41/\$54/\$72

Classic Evening		Instructor: Terry R.		
W	5/6-6/24	7:15-8:15pm	108008-04	\$36/\$48/\$64
W	7/1-8/26	7:15-8:15pm	208008-02	\$41/\$54/\$72

Intermediate		Instructor: Dee C.		
W	5/6-6/24	9:00-10:00 am	108008-08	\$36/\$48/\$64
W	7/1-8/26	9:00-10:00 am	208008-04	\$41/\$54/\$72

Gentle		Instructor: Rynee G.		
Su	5/3-6/28	9:00-10:00am	108011-02	\$41/\$54/\$72
Su	7/5-8/30	9:00-10:00am	208011-01	\$41/\$54/\$72

Dance Fitness

Come join us for an early impact cardio class featuring cardio routines to fun music incorporating the entire body. This exercise will help you improve your cardiovascular endurance as well as create increase range-of-motion, flexibility and muscle definition. (KK)

14+ yrs		Instructor: Carolyn L.		
M	5/4-6/29*	10:15-11:15am	108022-02	\$36/\$48/\$64
* No Class 5/25				
M	7/6-8/31	10:15-11:15am	208022-01	\$41/\$54/\$72

NEW Hula Hoop Fusion

This 45 minute interval training class is taught by a certified Hula Hoop Instructor. If you don't think you can Hoop, I'll show you how! We will alternate cardio Waist Hooping using a 2lb Hoop and strength training using various equipment. Hula Hooping is a fun way to burn calories, strengthen your core and tone your legs. As you master Waist Hooping various arm and leg movements can be added in to challenge your core and increase cardiovascular endurance even more. This class will keep a smile on your face as you melt inches off your waist! (KK)

14+ yrs		Instructor: Janet W.		
M	5/4-6/29*	5:15-6:00pm	108050-02	\$36/\$48/\$64
M	7/6-8/31	5:15-6:00pm	208050-01	\$41/\$54/\$72
* No Class 5/25				

Body Sculpt & Flexibility

Enhance your everyday physical performance through strength & flexibility training. This class will challenge your muscles by using a wide variety of exercises and equipment to keep your muscles guessing. Transform your body into the lean sculptured physique you've always wanted! A must-have in any workout program. (KK)

14+ yrs		Instructor: Janet W.		
M	5/4-6/29*	6:00-7:00pm	108002-02	\$36/\$48/\$64
M	7/6-8/31	6:00-7:00pm	208002-01	\$41/\$54/\$72

* No Class 5/25

W	5/6-6/24	5:00-6:00pm	108002-04	\$36/\$48/\$64
W	7/1-8/26	5:00-6:00pm	208002-02	\$41/\$54/\$72

Strong by Zumba®

STRONG by Zumba™ Fitness enthusiasts and students looking for a more challenging, high intensity interval training (HIIT) workout. With most workout programs, music is an afterthought. The music in STRONG by Zumba™ was crafted to drive the intensity in a challenging progression that provides a total body workout. (KK)

14+ yrs		Instructor: Lauren M.		
M	5/4-6/29*	7:00-8:00pm	108009-04	\$36/\$48/\$64
M	7/6-8/31	7:00-8:00pm	108009-02	\$41/\$54/\$72
* No Class 5/25				

AQUA ZUMBA * AQUA FITNESS * LAP SWIM

Looking to spice up your workout and take advantage of the summer season; check out Aqua Zumba or Aqua Fitness in the adult programs section on page 25 of this program guide.

If you like to rise early and rather take the lead; check out the new lap swim hours on the swim lesson section on page 21 of this program guide.

These classes do not apply for the all inclusive fitness pass

AM Boot Camp

In these 3 days per week for 8 week program, your goals include: Tone & Strength Muscles, Increase Energy, Improve Agility & Flexibility, Enhance Balance & Reaction Time and Weight Loss. Being fit will impact more than just your body and mind, it will touch your family, community, work and your entire way of life. (KK)

14+ yrs	<i>Instructor: Bernie C.</i>			
Tu & F	5/1-6/30	5:45-6:45am	108024-02	\$81/\$108/\$144
Tu & F	7/3-8/28	5:45-6:45am	208024-01	\$77/\$102/\$136

20/20/20 - Intermediate Level Only

This class offers three segments of different types of cardio, strength and core based formats that can change every week. Each segment will be approximately 20 minutes long. If you like variety, then you'll love the spontaneity of this class. Fusing together intensities and different types of exercises create intervals and variations that shock your body into getting more fit! (KK)

14+ yrs	<i>Instructor: Bernie C.</i>			
Tu & F	5/1-6/30	9:00-10:00am	108001-02	\$81/\$108/\$144
Tu & F	7/3-8/28	9:00-10:00am	208001-01	\$77/\$102/\$136
Tu	5/5-6/30	9:00-10:00am	108001-04	\$41/\$54/\$72
Tu	7/7-8/25	9:00-10:00am	208001-02	\$36/\$48/\$64
F	5/1-6/26	9:00-10:00am	108001-06	\$41/\$54/\$72
F	7/3-8/28	9:00-10:00am	208001-03	\$41/\$54/\$72

6 Pack Abs

Need some extra help in the mid-section? This 1/2 hour class will train the core muscles of the abs, hips, back & pelvis to work in harmony. Just about every motion made by the human body is initiated in the core. A strong core will prevent low back pain, prevent injury in day to day activities, increase sports performance, improve posture, and balance. If you want to keep seeing results, add this class to your workout and get the six pack abs you've always wanted! Exercises can be modified for all levels. (KK)

14+ yrs	<i>Instructor: Janet W.</i>			
Tu	5/5-6/30	5:30-6:00pm	108000-02	\$32/\$41/\$50
Tu	7/7-8/25	5:30-6:00pm	208000-01	\$28/\$36/\$44

Cardio Kickboxing

Punch and kick your way into the body you want today! Blast away fat and calories by combining techniques, partner drills, kicking drills and interval workouts. Balance drills will target and tone the lower body and improve balance and coordination. Cardio Kickboxing is an easy to follow yet intense workout. Top it off with a challenging AB and toning segment using a variety of equipment. All fitness levels are sure to receive a fun and effective workout. (KK)

14+ yrs	<i>Instructor: Janet W.</i>			
Tu	5/5-6/30	6:00-7:00pm	108004-03	\$41/\$54/\$72
Tu	7/7-8/25	6:00-7:00pm	208004-01	\$36/\$48/\$64

Barre

Barre is a low impact workout that allows you to get amazing results in record time without cardio or heavy weights. It caters to a variety of fitness and physical levels, balancing strength and flexibility, while also improving posture, abdominal strength and overall body awareness. Barre is a great workout on its own, or as a complement to your existing routine. (KK)

14+ yrs	<i>Instructor: Kelly W.</i>			
Tu	5/5-6/30	6:00-7:00pm	108026-02	\$41/\$54/\$72
Tu	7/7-8/25	6:00-7:00pm	208026-01	\$36/\$48/\$64

Fit For Life

Have fun and move to music through a variety of exercises designed to increase muscular strength, range of motion, flexibility, and activity for daily living skills as well as improve cardiovascular fitness through low impact aerobics. Upper and lower body work may be done with hand held weights, elastic tubing, exercise balls and other tools to keep you engaged. (KK)

14+ yrs	<i>Instructor: Tanner S.</i>			
F	5/1-6/26	8:00-9:00am	108017-02	\$41/\$54/\$72
W	7/1-8/26	9:15-10:15am	208017-01	\$41/\$54/\$72

Pilates Fusion

A Pilates base workout fused with Barre, Yoga and various equipment for the perfect mix of core strength, flexibility and toning. Exercises can be modified to meet your needs. (KK)

14+ yrs	<i>Instructor: Janet W.</i>			
W	5/6-6/24	6:00-7:00pm	108006-04	\$36/\$48/\$64
W	7/1-8/26	6:00-7:00pm	208006-02	\$41/\$54/\$72

Fitness Class Fee Breakdown

Member / Resident / Non-Resident

UNLIMITED FITNESS

FOR JUST \$15*

***PER MONTH, PER MEMBER!**

**UPGRADE YOUR MEMBERSHIP TODAY
TO INCLUDE ALL FITNESS CLASSES!**



FITNESS CLASSES

Zumba®

Ditch the Workout, Join the Party! Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating. (KK)

14+ yrs		Instructor: Lauren M.		
W	5/6-6/24	7:00-8:00pm	108009-02	\$36/\$48/\$64
W	7/1-8/26	7:00-8:00pm	208009-01	\$41/\$54/\$72

Total Body Interval

In this 45 minute class, you will work all the major muscle groups using a variety of equipment. The strength interval is designed to increase the muscle using moderate to heavy weight at a moderate to slow pace alternated with various aerobic exercise for a Total Body workout. (KK)

14+ yrs		Instructor: Janet W.		
Th	5/7-6/25	5:15-6:00pm	108020-02	\$36/\$48/\$64
Th	7/2-8/27	5:15-6:00pm	208020-01	\$41/\$54/\$72

Body Sculpt Fusion

Body Sculpt Fusion is the ultimate total body workout! This innovative strength training program is alternated with various types of cardio. You will challenge your muscular and cardiovascular endurance in this fun & effective interval workout! All fitness levels welcomed. (KK)

14+ yrs		Instructor: Janet W.		
Th	5/7-6/25	6:00-7:00pm	108003-02	\$36/\$48/\$64
Th	7/2-8/27	6:00-7:00pm	208003-01	\$41/\$54/\$72

WERQ

WERQ is the wildly addictive cardio dance class based on the hottest pop and hip hop music. The workout is nonstop with repetitive athletic moves and fresh dance steps, so you get the best sweat. WERQ Instructors build a playlist based on trend setting pop and hip hop music. Each week a couple new routines are introduced, so you get to WERQ the routines you know and challenge yourself with ones you're learning. Ready to WERQ? (KK)

14+ yrs		Instructor: Kelly W.		
Th	5/7-6/25	6:00-7:00pm	108027-02	\$36/\$48/\$64
Th	7/2-8/27	6:00-7:00pm	208027-01	\$41/\$54/\$72

All Ages

Sa	5/2-6/27	10:45-11:45am	108027-04	\$41/\$54/\$72
Sa	7/11-8/29	10:45-11:45am	208027-02	\$36/\$48/\$64

Flexibility & Mobility

Mobility training is a key component to maximizing your athletic abilities, increasing your longevity and reducing the risk of injury. We'll combine mobility training with dynamic and static stretches and foam rolling to increase your flexibility; focusing on the common areas that are affected by bad posture such as the neck, mid back, lower back, hip flexors, hamstrings, and calf muscles. Whether you're looking to lift more, improve your golf game or just move easier, a focus on flexibility and mobility is key! (KK)

14+ yrs		Instructor: Kelly W.		
Th	5/7-6/25	7:00-8:00pm	108030-02	\$36/\$48/\$64
Th	7/2-8/27	7:00-8:00pm	208030-01	\$41/\$54/\$72

Spinning

Indoor cycling puts things in full gear with its control over resistance & speed and overall intensity while cycling to awesome tunes. Hop on to the nearest bike and give this class a go! This class will get your heart rate pumping and is sure to burn calories. What a great workout for all fitness levels! Men and women are both welcome. (KK)

14+ yrs		Instructor: Kelly W.		
F	5/1-6/26	5:30-6:15am	108015-02	\$41/\$54/\$72
F	7/3-8/28	5:30-6:15am	208015-01	\$41/\$54/\$72
Sa	5/2-6/27	8:30-9:15am	108015-04	\$41/\$54/\$72
Sa	7/11-8/29	8:30-9:15am	208015-02	\$36/\$48/\$64

Strength Training

Join us for a fast-paced, high energy strength training class. In this easy to follow and fun workout, all the major muscle groups will be targeted as we move through blocks or combinations of exercises for all levels of fitness. Emphasis will be on careful form and technique as well as maximizing every minute we are working out! (KK)

14+ yrs		Instructor: Monique V		
Sa	5/2-6/27	7:15-8:15am	108005-02	\$41/\$54/\$72
Sa	7/11-8/29	7:15-8:15am	208005-01	\$36/\$48/\$64

Pilates

This class will help balance your body, improve circulation, reduce stress and improve overall endurance. Pilates will help tone, streamline and realign your body. This class is a combination of beginning and intermediate levels of Pilates. (KK)

14+ yrs		Instructor: Monique V		
Sa	5/2-6/27	8:30-9:30am	108006-02	\$41/\$54/\$72
Sa	7/11-8/29	8:30-9:30am	208006-01	\$36/\$48/\$64

Lower Body Burnout

Never miss a leg day...Because a pair of strong legs will keep you active for life! In this 60-minute class you'll tone your legs and lift your booty. After a brief warm-up, get ready to blast every muscle in your lower body with a combination of strength and barre exercises. Using kettle bells, dumbbells and body weight, we'll work through a range of exercises that will leave your legs and glutes strong and defined. We'll squat, lunge and tuck our way to a leaner, stronger lower half! (KK)

14+ yrs		Instructor: Kelly W.		
Sa	5/2-6/27	9:45-10:45am	108028-02	\$41/\$54/\$72
Sa	7/11-8/29	9:45-10:45am	208028-01	\$36/\$48/\$64

Fitness Class Fee Breakdown

Member / Resident / Non-Resident