



## Fitness Plus Membership

Unlimited Fitness Plus classes for \$30 a month, \$165 for 6 months or \$300 annually. Includes indoor track, fitness room and unlimited fitness classes as well as skating and rock climbing at EORC.

### Boot Camp

Age: 14 and up

M	6:15pm-7:15pm	DLRC
T, TH	7:00pm-8:00pm	CNRC

### Step Aerobics

Age: 14 and up

M, W, F	9:15am-10:30am	CNRC
Tu, Th	9:30am-10:45am	CNRC
M, W	6:00pm-7:15pm	CNRC
Th, W	6:30pm-7:30pm	DLRC
Sa	9:30am-10:30am	DLRC
M, W, F	9:30am-10:30am	HSRC

### Elzie Odom Recreation Center

Age: 14 and up

M	6:00am-6:45am	Total Body Conditioning
M	5:45pm-6:30pm	Body "Booty" Camp
M	6:30pm-7:30pm	Step & Body Sculpting
Tu	6:00pm-6:30pm	Strength & Tone
Tu	6:30pm-7:30pm	Instructor's Choice
W	6:00pm-6:20pm	Core Abs & Legs Cond.
W	6:30pm-7:30pm	Step
W	6:00am-6:50am	Body "Booty" Camp
Th	6:00pm-6:20pm	Abs Attack
Th	6:30pm-7:30pm	Instructor's Choice
Sa	9:00am-10:00am	Step & Conditioning
Sa	10:00am-10:30am	Strength & Tone

### Senior Cardio

Increase your cardiovascular fitness level with non-impact aerobics done to big band and oldies music. Work on balance and build overall body strength with the use of free weights and bands. Chairs are used for a portion of this class.

M, W, F	8:15am-9:15am	CNRC
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### Sculpting & Toning

This overall body conditioning class is designed to increase strength and sculpt and tone all major muscle groups. Participants will learn proper form with use of free weights, body weight and band exercises.

Age: 14 and up

Tu, Th	11:00am - 12:00pm	CNRC
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### Zumba

A blend of Latin Rhythms and easy to follow dance moves.

Age: 14 and up

M, F	8:15am-9:15am	DLRC
T	6:30pm-7:30pm	DLRC
T, TH	6:00pm-7:00pm	CNRC

### Instructor's Choice

Age: 14 and up

M, W	6:30pm-7:30pm	HSRC
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### Low Impact Aerobics

Age: 14 and up

M, W, F	10:30am-11:30am	CNRC
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### Land & Water Fitness Membership

Unlimited land and water fitness membership includes yoga, aerobics, water aerobics (at Hugh Smith Indoor Pool) and fitness room. Ages 14 and up, \$45 / month.

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Includes indoor track, fitness room and unlimited fitness classes as well as skating and rock climbing at EORC.

### Tai Chi

Looking for an exercise class that improves balance, flexibility and strength? Learn the ancient art of Tai Chi and improve yourself both physically and mentally.

**Age: 14 and up**

Tu, Th	12:00pm-12:30pm	DLRC
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### Pilates (Mat)

Mat Pilates is a great exercise to tone your body and to improve your flexibility using the mind-body connection. Pilates works on the core muscle groups to give your body better control. Breathing techniques and body awareness will also be emphasized.

**Age: 14 and up**

Tu, Th	5:30pm-6:30pm	DLRC
Tu, Th**	7:30pm-8:15pm	EORC
W, F	5:30pm-6:30pm	CNRC
M, W, F	10:30am-11:30am	HSRC

\*\*Included in EORC Fitness Plus

### Yoga

Yoga is a complete toning of the whole body. You can benefit from yoga exercises, breathing techniques and relaxation positions. Yoga releases stress from the body while improving muscular endurance, increasing flexibility and reducing cholesterol.

**Age: 14 and up**

M, W, F	7:00am-8:00am	DLRC
Tu, Th	9:30am-10:30am	DLRC
Th	7:30pm-8:30pm	DLRC
Tu, Th	6:00pm-7:15pm	CNRC
W	7:00pm-8:00pm	HSRC

### PiYo

PIYo is a fusion style, flexibility work-out combining Pilates, Yoga, dance and strength.

**Age: 14 and up**

Tu, Th	9:15am-10:00am	CNRC
M, W, F	9:30am-10:30am	DLRC

## Fitness Rooms Memberships (Facility Card required for all fitness room passes)

Join our state-of-the-art fitness/weight room featuring a complete line of Nautilus strength equipment and a variety of cardiovascular machines (treadmills, stair climbers, ellipticals and bikes). Gyms open for free play with membership (subject to availability). Child care is available.

### Cliff Nelson, Dottie Lynn, Hugh Smith, Meadowbrook

**Age: 14 and up**

Daily with Facility Card.....	\$3
Daily without Facility Card.....	\$6
Monthly.....	\$15
Annual.....	\$150
Senior Monthly.....	\$12
Senior 6-Month.....	\$60
Senior Annual.....	\$120

### Elzie Odom Recreation Center

**Age: 14 and up**

Daily with Facility Card.....	\$3
Daily without Facility Card.....	\$6
Monthly.....	\$20
6-Month.....	\$100
Annual.....	\$200
Additional Family Members.....	*20% off
Basketball / Track.....	\$10 / month or \$100 / year
Senior Monthly.....	\$12
Senior 6-Month.....	\$60
Senior Annual.....	\$120

#### Child Care & Babysitting: Ages 3 months and up

CNRC		DLRC	
M, W, F	8:30am-11:30am	M, W, F	8:30am-10:30am
Tu, Th	8:30am-10:30am	Tu, Th	5:30pm-7:30pm
M-Th	5:30pm-7:30pm	M, W	6:30pm-8:00pm

**HSRC** M, W, F 8:30am-11:30am; M-Th 6:00pm-8:00pm

#### Child Care & Babysitting: Ages 2 and up

M-Th	6:00pm - 9:00pm	EORC
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**Additional family members receive a 20% discount off any annual fitness membership when purchased at the same time.**

# Fitness Classes

## Specialty Fitness

### Arthritis In Motion

This program, offered by certified instructors in partnership with the local Arthritis Foundation Chapter is designed to help those who have joint and/or muscle problems to achieve improved joint mobility, muscle strength and endurance in order to improve the performance of daily activities.

<b>Age: 55 and up</b>		<b>\$18 / Month</b>	
M, W	Jan 5	9:30am-10:15am	CNRC 101533
M, W	Feb 2	9:30am-10:15am	CNRC 106273
M, W	Mar 2	9:30am-10:15am	CNRC 106274
M, W	Apr 1	9:30am-10:15am	CNRC 106275



### Boxing

#### Beginner Classes

'Float like a butterfly, sting like a bee,'...now you too can box like Mohammed Ali. Try this beginning class where you will learn boxing techniques and discipline of a trained boxer. This is a non- contact class.

<b>Age: 10 and up</b>		<b>\$35 / 4 Classes</b>	
Th	Jan 22	7:00pm-8:00pm	CNRC 101743
Th	Feb 19	7:00pm-8:00pm	CNRC 101744
Th	Mar 26	7:00pm-8:00pm	CNRC 101745
Th	Apr 23	7:00pm-8:00pm	CNRC 101746

#### Advanced Classes

Already have the basic boxing skills? This class helps you focus on enhancing those techniques and footwork. Bring your own hand wraps.

<b>Age: 12 and up</b>		<b>\$45 / 4 Classes</b>	
Th	Jan 22	8:00pm-9:00pm	CNRC 101739
Th	Feb 19	8:00pm-9:00pm	CNRC 101740
Th	Mar 26	8:00pm-9:00pm	CNRC 101741
Th	Apr 23	8:00pm-9:00pm	CNRC 101742

### Bridal Boot Camp

Need to get in shape for your upcoming wedding? What better way than to do it with those going through the same thing you are! This 10 week class will help you trim down to say your I do's. Bridesmaids and non-brides welcome!

<b>Age: 18 and up</b>		<b>\$150 / 30 Classes</b>	
Tu, Th, Sa	Jan 6	6:00am-7:00am	EORC 100934
Tu, Th, Sa	Mar 17	6:00am-7:00am	EORC 100936

### Senior Exercise

This group exercise class for seniors includes flexibility, balance and strength training done to big band and swing music. Participants learn proper technique in use of free weights, bands and tubes.

<b>Age: 50</b>		<b>\$10 / Month</b>	
TuTh	Jan 6	8:00am-9:00am	DLRC 106329
TuTh	Feb 3	8:00am-9:00am	DLRC 106330
TuTh	Mar 3	8:00am-9:00am	DLRC 106331
TuTh	Apr 2	8:00am-9:00am	DLRC 106332
TuTh	May 5	8:00am-9:00am	DLRC 106333

