



Adult Health & Fitness

Adult Health and Fitness for ages 18 & up
\$25.00 a month unlimited classes
\$10.00 yearly fee due at registration

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 - 6:30p	Spin	Get Fit	Spin	Get Fit	

Get Fit

In this class you will be using step up blocks and resistance bands to help tone and define your muscles. Kim Cole, our certified aerobics instructor and personal trainer, will provide the opportunity everyone is looking for to tighten their upper and lower body while improving confidence and self-esteem.

This workout is for everyone!
Steps and resistance bands are optional.

Spinning Class

Spinning is great for people of all fitness levels.
The instructor is full of energy and encouragement!

A participant in this popular
cycling workout can burn more than
500 calories while toning the legs, glutes, and
increasing cardiovascular endurance.

At any level, spinning promises to be a fun and rewarding workout!