

FEBRUARY & MARCH FITNESS CLASSES

The Fitness Facilities are open daily from 6:30 a.m. - 8:00 p.m. and are available to our guests age 16 and older.



THINK "SPRING" INTO ACTION!

Don't wait for the weather to break to think about getting fit.

Schedule your Personal Training Session and Nutrition Consultation today by calling extension 6938.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 a.m.	Body Works Exercises for balance, strength and posture	Cardio Mix High energy moves blast calories	Body Works Exercises for balance, strength and posture	Not Available	Body Works Exercises for balance, strength and posture	Body Works Exercises for balance, strength and posture	Cardio Mix High energy moves blast calories
10 a.m.	H2O Make a splash into this fun-filled class	H2O Make a splash into this fun-filled class	Just Chillin' Traditional stretches with a touch of Yoga	Not Available	Just Chillin' Traditional stretches with a touch of Yoga	H2O Make a splash into this fun-filled class	Just Chillin' Traditional stretches with a touch of Yoga
11 a.m.	Think Spring Informal lecture. 30 minutes	Think Spring Informal lecture. 30 minutes	Think Spring Informal lecture. 30 minutes	Not Available	Think Spring Informal lecture. 30 minutes	Think Spring Informal lecture. 30 minutes	Think Spring Informal lecture. 30 minutes

FITNESS SERVICES AVAILABLE

- One-on-One Pilates Mat Sessions
- Personal Training Sessions
- Fitness Yoga One-on-One Sessions
- Small Group Training (3-5 people)
- Nutrition Consultations (limited days)

Please call extension 6938 for details regarding any of these services or others not listed.

FITNESS TIPS

- Cardio sessions should be a minimum of 30 minutes.
- Increase use of stairs, set a goal of 12,000 steps each day.
- Update your fitness routine every 4-6 weeks to avoid plateaus.
- Consistent weight training is key to an aging metabolism.
- Don't allow boredom to set in. Set new goals - try a new sport.
- Stretching post activity may reduce muscle soreness.
- Interval training will burn more calories than steady state training.