



CSCC FITNESS CLASSES - FALL 2016

Sign up by month or by drop in fee.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Classes All Levels							
Aqua Interval	11:00- Noon	7:15- 8:15 pm		6:00- 7:00 pm			8:15- 9:15 am
Barre Fusion				4:30-5:30 pm 7:30-8:15 pm			
Zumba®			4:30- 5:30 pm		6:30- 7:30 pm		
Beginner/Intermediate							
Absolute Abs		6:30- 7:30 pm					
Beginner Kettlebell							7:30- 8:30 am
Pilates			8:30-9:30 am & 5:30-6:30 pm				
Total Body Condition					5:15- 6:15 am	5:30- 6:30 pm	
Yoga Fitness				5:30- 6:30 pm	8:30- 9:30 am		8:30- 9:30 am
Intermediate/Advanced							
Cardio Kickboxing	5:00- 6:00 pm		6:30- 7:30 pm				
HIIT/Boot Camp		5:30- 6:30 pm		6:30- 7:30 pm			
Kettlebell	4:00- 5:00 pm						
Kettle/TRX & *Kettle/TRX Beginner		<i>*Beginner</i> 4:30- 5:30 pm		6:30- 7:30 pm			
R.I.P.P.E.D.					5:30- 6:30 pm		9:30- 10:30 am
TRX Group Training				7:30- 8:15 pm			

FITNESS/EXERCISE CLASS PER MONTH FEES:

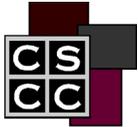
Member- \$18.00
 Non-Member- \$26.00

DROP IN:

Member \$5.50
 Non-Member \$8.00

****Sign up for 2 classes in the same month and receive a \$4 discount on each additional class in that same month. Register early - space is limited.**

SENIOR CLASSES ARE LISTED ON REVERSE.



SENIOR FITNESS CLASSES - FALL 2016

Sign up by month or by drop in fee.

These classes are designed for ages 55 and older. Both men and women are encouraged to sign up for these great classes to improve balance, strength and flexibility.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water Classes							
Aqua Intervals	11:00- Noon Silver&Fit®						
Water Exercise		10:30- 11:15 am		10:30- 11:15 am		10:30- 11:15 am	
Rec. Swim			10:30- 11:30 am		10:30- 11:30 am	10:30- 11:30 am	
Fitness Classes							
Silver Sneakers® Classic			9:35- 10:15 am		9:35- 10:15 am		
Yoga Stretch		9:30- 10:15 am ENDORSED Silver&Fit®		9:30- 10:15 am ENDORSED Silver&Fit®			
Senior Circuit						9:30- 10:15 am	

FITNESS/EXERCISE CLASS FEES:

DROP IN:

One day/week class: Member- \$10.00
 Non-Member- \$12.00

Two days/week class: Member- \$16.00
 Non-Member- \$18.00

Member \$3.50
 Non-Member \$4.00

****Some Adult Water Ex. and Low and Tone Classes qualify as free or minimum fee of \$4 per month when qualifying under Silver&Fit or Silver Sneakers. Inquire at CSCC front desk.**