

# *Adult Rec Classes*

## Member Punch Card Prices

10 Punches - \$20

20 Punches - \$36

30 Punches - \$48

## Non-Member Punch Card Prices

10 Punches - \$60

20 Punches - \$100

30 Punches - \$135

## BARBELL

HIGH INTENSITY FULL BODY EXERCISE WITH BARBELLS, DESIGNED TO STRENGTHEN AND TONE USING HIGH REPETITIONS WITH MINIMAL REST.

**TUESDAYS**

**6:15 - 7:00 AM**

**INSTRUCTOR: ANGIE**

## KETTLEBELL

BUILD STRENGTH, INCREASE CARDIOVASCULAR FITNESS AND IMPROVE OVERALL BODY FUNCTION. DYNAMIC AND BALLISTIC MOVEMENTS THAT TARGET MULTIPLE MUSCLE GROUPS.

**THURSDAYS**

**6:15 - 7:00 AM**

**INSTRUCTOR: ANGIE**

## TRX

A SUSPENSION SYSTEM DESIGNED TO USE YOUR BODY WEIGHT AND GRAVITY TO PERFORM A VARIETY OF EXERCISES. GREAT FOR FULL BODY STRENGTH!

**TUESDAYS & THURSDAYS**

**9:00 - 10:00 AM**

**INSTRUCTOR: VANESSA**

## INTERVAL TRAINING

CIRCUIT-STYLE CLASS INCORPORATING FUNCTIONAL MOVEMENTS TO INCREASE YOUR HEART RATE AND BE IN THE FAT BURNING ZONE.

**FRIDAYS**

**9:45-10:30 AM**

**INSTRUCTOR: VANESSA**