



## **Fitness Offerings for Health4U Participants**

- **Core Challenge–Monday 12:10–12:50 p.m.:** Core, Yoga, Pilates and other exercises used to challenge muscles in your midsection that you never knew you had. Equipment such as FreeMotion machines, BOSU, Swiss and medicine balls or resistance bands may be used.
- **Body Conditioning–Monday 6:00–7:00 p.m., Tuesday & Thursday 12:10–12:50 p.m.:** Total body conditioning with nothing being off limits. Classes may consist of boxing, circuits, sport drills, cycling, body sculpting, treadmill work, Pilates, BOSU, FreeMotion and/or anything else your instructor can think of.
- **Spinning–Wednesday 12:10-12:50 p.m.:** All levels of cyclists, from novice to experienced road racers, are welcome to join us. Instructors will incorporate the use of a heart rate monitor to better improve your performance in class and to truly help you work at your own level. Be sure to remember your towel and water bottle.
- **Sports Conditioning–Friday 12:10–12:50 p.m.:** Get ready to take your workout to the next level. This innovative class will take your body through plyometrics, circuits, and whatever else your instructor can come up with.

### **Special Rates for Health4U Participants:**

- Drop in rate: \$6.00 per class
- 10 Class Punch Card: \$44.00 per card
- 3 Month Pass: Unlimited access for \$129.00 per pass