

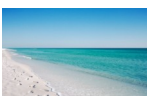



January 2019

	Mon	Tue	Wed	Thu	Fri	Sat
	Instructors: LR Laura Ribbins AJ Abraham Joseph JR Jackie Retief					
		1 *Closed *	2 *Closed *	3 *Closed *	4 Morning 8:30 Water Fitness	5 Morning 8:30 Water Fitness
6	7 Morning 8:00AM Express Blast (LR) 8:30 Water Fitness Evening 6:00 Interval Tabata (LR)	8 Morning Evening 5:30 Water Fitness	9 Morning 8:00AM Express Blast (LR) Evening 6:00 Cardio Kick/Abs (LR)	10 Morning Evening 5:30 Water Fitness	11 Go relax with a cup of coffee or tea ! 	12 Morning 8:30 Water Fitness
13	14 Morning 8:00AM Express Blast (LR) 8:30 Water Fitness Evening 6:00 Interval Tabata (LR)	15 Morning Evening 5:30 Water Fitness 7:00 Adult Swimming (JR)	16 Morning 8:00AM Express Blast (LR) Evening 6:00 Cardio Kick/Abs (LR)	17 Morning Evening 5:30 Water Fitness	18 Take a beach walk 	19 Morning 8:30 Water Fitness
20	21 Morning 8:00AM Express Blast (LR) 8:30 Water Fitness Evening 6:00 Interval Tabata (LR)	22 Morning Evening 5:30 Water Fitness 7:00 Adult Swimming (JR)	23 Morning 8:00AM Express Blast (LR) Evening 6:00 Cardio Kick/Abs (LR)	24 Morning Evening 5:30 Water Fitness	25 Take time for yourself 	26 *Closed *
27	28 *Closed *	30 Morning Evening 5:30 Water Fitness 7:00 Adult Swimming (JR)	31 Morning 8:00AM Express Blast (LR) Evening 6:00 Cardio Kick/Abs (LR)			

***Specialty Classes in Red- See back for details**

Class Descriptions

Express Blast

Kick-start your morning with this fast-paced, high-energy workout. 30 minutes is all that you need for an awesome workout and we've got you covered! This class is perfect for all levels— come ready to work!

Interval Tabata

Is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods.

Cardio Kick/Abs

A fantastic full body workout integrating low impact aerobics with Slide, BOSU, Resist-a-Ball & strength training to challenge the mind and body.

Circuit Blast

A drills & skills workout that includes resistance & strength training, without “the aerobics”. Various stations, working for short time periods. Covering all aspects of fitness: Aerobic, core stabilization & resistance training. Great for an all over body workout.

Core Essentials

A fantastic class focusing on core-strengthening & toning. Abdominals, Buttocks & Back exercises intensified. Incorporating: Resist-a-balls, BOSU-balls, balance work, free weights and floor exercises

Water Fitness

A total body workout, utilizing a combination of exercises and training methods to give you a fantastically challenging class. Whether you are new to exercising or are a seasoned athlete, exercising in the pool is a great way to improve your overall fitness. Plus, our pool is **solar heated!**

2017 FACILITY RATES/PRICING INFORMATION

Non-Members/Drop In	\$18.00 per class
Monthly Rate	\$130.00 for unlimited exercise classes
Punch Passes	\$80.00 for 5 classes valid for 2 months from time of purchase

SPECIALTY COURSES—PRE-REGISTRATION REQUIRED

*****ADULT SWIM LESSONS Jackie Retief**

You will get more comfortable and move more easily in the water improve your stroke

Technique, rhythmic breathing these one-hour lessons can help! 4-week session:

Wednesday 7:00pm -8:00pm

Tuesday 7:00pm -8:00pm

Cost: \$100.00 for a package of 4 consecutive classes . \$30.00 Drop in class

*****PERSONAL TRAINING SESSIONS** Personal training is no longer just for the rich and famous. If you need to kick-start your fitness regime, train for a specific event or even learn to swim, we have a personal training program for you. Our professional, certified instructors and trainers will be there to help you every step of the way! Training sessions can be held at Fitness Connection or in the comfort of your own home or pool.

***** This symbol indicates specialty courses which have specific start dates.
Please call for more information. Not included in membership.**

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