

# fitness connection

T H E C L U B

## Adult Fitness Calendar November



	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Instructors</b> <b>LR</b> Laura Ribbins <b>JR</b> Jacqui Retief		<b>AJ</b> Abraham Joseph <b>JB</b> Jeri Bovell			
				<b>1</b>  <b>PM</b> 5:30PM Aqua Fitness -AJ	<b>2</b> <b>AM</b> 8:30am Aqua Fitness LR /AJ	<b>3</b> <b>AM</b> 8:30am Aqua Fitness -LR
4	<b>5</b> <b>AM</b> 8am Fluid Strength -LR 8:30am Aqua Fitness -LR/ AJ <b>PM</b> 6:00PM Circuit Blast -LR	<b>6</b>  <b>PM</b> 5:30pm Aqua Fitness- AJ <b>7:00pm Adult Swim -JR</b>	<b>7</b> <b>AM</b> 8am Express Blast LR 8:30am Aqua Fitness -LR/ AJ <b>PM</b> 6:00pm Circuit Blast -LR	<b>8</b>  <b>PM</b> 5:30pm Aqua Fitness - LR/AJ	<b>9</b> <b>AM</b> 8:30am Aqua Fitness -AJ	<b>10</b> <b>AM</b> 8:30am Aqua Fitness -AJ  <b>10am Beginner Yoga JB</b>
11	<b>12</b>  <b>Public Holiday Closed</b>	<b>13</b>  <b>PM</b> 5:30pm Aqua Fitness- AJ <b>7:00pm Adult Swim -JR</b>	<b>14</b> <b>AM</b> 8:30am Aqua Fitness -LR/ AJ  <b>PM</b> 6:00pm Circuit Blast -LR	<b>15</b> <b>AM</b> 7:30am Express Blast LR  <b>PM</b> 5:30pm Aqua Fitness - LR/AJ	<b>16</b> <b>AM</b> 8:30AM Aqua Fitness -LR/ AJ	<b>17</b> <b>AM</b> 8:30am Aqua Fitness -LR  <b>10 am Beginner Yoga JB</b>
18	<b>19</b> <b>AM</b> 8am Fluid Strength -LR 8:30am Aqua Fitness -LR/ AJ <b>PM</b> 6:00PM Circuit Blast -LR	<b>20</b>  <b>PM</b> 5:30pm Aqua Fitness- AJ <b>7:00pm Adult Swim -JR</b>	<b>21</b> <b>AM</b> 8:30am Aqua Fitness -LR/ AJ  <b>PM</b> 6:00pm Circuit Blast -LR	<b>22</b> <b>AM</b> 7:30am Express Blast LR  <b>PM</b> 5:30pm Aqua Fitness - LR/AJ	<b>23</b> <b>AM</b> 8:30AM Aqua Fitness -LR/ AJ	<b>24</b> <b>AM</b> 8:30am Aqua Fitness -LR
25	<b>26</b> <b>AM</b> 8am Fluid Strength -LR 8:30am Aqua Fitness -LR/ AJ <b>PM</b> 6:00PM Circuit Blast -LR	<b>27</b> <b>Holiday Market Place</b> <b>5pm—8pm</b>  	<b>28</b> <b>AM</b> 8:30am Aqua Fitness -LR/ AJ  <b>PM</b> 6:00pm Circuit Blast -LR	<b>29</b> <b>AM</b> 7:30am Express Blast LR  <b>PM</b> 5:30pm Aqua Fitness - LR/AJ	<b>30</b> <b>AM</b> 8:30AM Aqua Fitness-LR/ AJ	

\*Specialty Classes in Red– See Back for Details\*

# Class Descriptions

## 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.

## Express Blast ( Wednesday)

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!

## Fluid Strength ( Monday)

An opportunity to go beyond traditional choreography and “workout “ by linking movement to your mind while exploring all the possibilities that the body has to offer. Gain strength while testing balance , coordination and power.

## Aqua 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 Swimming Laura Ribbins / Jacqui Retif

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:

Tuesday      *Beginners*      7:00pm -8:00pm

Cost: \$100.00 for a package of 4 consecutive classes OR \$30.00 Drop in rate

### Pilates Fusion Anaick Goelo

For more info and to register, please contact Anaick directly at 917-3579 or email [bodylines@outlook.com](mailto:bodylines@outlook.com)

### \*\*\* Beginner Yoga Jeri Bovell

For more info and to register please contact Jeri directly at 916 – 5363 or email [jeri@thebovells.ky](mailto:jeri@thebovells.ky)

## Want more from your workout? Try small group or 1-on-1 personal training!

Personal training is no longer just for the rich and famous. If you need to kick-start your fitness regimen, 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!

PO Box 30313, KY1-1202 | (345) 949-8485 | [fitness@fitness.ky](mailto:fitness@fitness.ky) | [www.fitness.ky](http://www.fitness.ky)