

fitness connection

T H E C L U B

Adult Fitness Calendar November



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

*** Beginner Yoga Jeri Bovell

For more info and to register please contact Jeri directly at 916 – 5363 or email 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!

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