

January 2021

	Mon	Tue	Wed	Thu	Fri	Sat
			stop wishing. start doing.		1 *Closed *	2 *Closed *
3	4 AM 8:00 Express Blast 8:30AM Aqua Fitness PM 5:30PM Cayman Physio 6:00PM Circuit Blast (LR)	5 PM 5:30PM Aqua Fitness 6:30pm Adult Swimming	6 AM 8:00 Express Blast 8:30AM Aqua Fitness PM 6:00 Cardio Kick/Abs (LR)	7 AM 8 AM Cayman Physio PM 5:30PM Aqua Fitness	8 AM 7:30 Water Fitness	9 AM 8:30am Aqua Fitness
10	11 AM 8:00 Express Blast 8:30AM Aqua Fitness PM 5:30PM Cayman Physio 6:00PM Circuit Blast (LR)	12 PM 5:30PM Aqua Fitness 6:30pm Adult Swimming	13 AM 8:00 Express Blast 8:30AM Aqua Fitness PM 6:00 Cardio Kick/Abs (LR)	14 AM 8 AM Cayman Physio PM 5:30PM Aqua Fitness	15 AM 7:30 Water Fitness	16 AM 8:30am Aqua Fitness
17	18 AM 8:00 Express Blast 8:30AM Aqua Fitness PM 5:30PM Cayman Physio 6:00PM Circuit Blast (LR)	19 PM 5:30PM Aqua Fitness 6:30pm Adult Swimming	20 AM 8:00 Express Blast 8:30AM Aqua Fitness PM 6:00 Cardio Kick/Abs (LR)	21 AM 8 AM Cayman Physio PM 5:30PM Aqua Fitness	22 AM 7:30 Water Fitness	23 AM 8:30am Aqua Fitness
24	*Closed * Public Holiday	26 PM 5:30PM Aqua Fitness 6:30pm Adult Swimming	27 AM 8:00 Express Blast 8:30AM Aqua Fitness PM 6:00 Cardio Kick/Abs (LR)	28 AM 8 AM Cayman Physio PM 5:30PM Aqua Fitness	29 AM 7:30 Water Fitness	30 AM 8:30am Aqua Fitness
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*Specialty Classes in Red– See back for details

Class Descriptions

We offer a variety of classes dependent on the clientele , each class will deliver a personalized workout.

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

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!

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!**

2021 FACILITY RATES & PRICING INFORMATION

Members/Drop In	\$18.00 per class
Punch Passes	\$90.00 for 5 classes
	\$180.00 for 10 classes

SPECIALTY COURSES—PRE-REGISTRATION REQUIRED

*****ADULT SWIM LESSONS**

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 6:30pm—7:15pm

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.

***** Cayman Physio—Please contact Cayman Physio directly to book aqua sessions.**

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

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