

# March 2021

	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 <b>Morning</b> NO CLASSES</p> <p><b>Evening</b> 5:30PM Cayman Physio 6:00 Interval Tabata</p>	<p>2 <b>Morning</b></p> <p><b>Evening</b> 5:30 Water Fitness 6:30 Adult Swimming</p>	<p>3 <b>Morning</b> 8:00 Express Blast ( LR) 8:30 Water Fitness</p> <p><b>Evening</b> 6:00 Interval Tabata (LR)</p>	<p>4 <b>Morning</b></p> <p><b>Evening</b> 5:30 Water Fitness</p>	<p>5 <b>Morning</b> 8:30 Water Fitness</p>	<p>6 <b>Morning</b> 8:30 Water Fitness</p>
7	<p>8 <b>Morning</b> 8:00AM Express Blast (LR) 8:30 Water Fitness</p> <p><b>Evening</b> 5:30PM Cayman Physio 6:00 Interval Tabata (LR)</p>	<p>9 <b>Morning</b></p> <p><b>Evening</b> 5:30 Water Fitness 6:30 Adult Swimming</p>	<p>10 <b>Morning</b> NO CLASSES</p> <p><b>Evening</b> NO CLASSES</p>	<p>11 <b>Morning</b></p> <p><b>Evening</b> 5:30 Water Fitness</p>	<p>12 <b>Morning</b> 8:30 Water Fitness</p>	<p>13 <b>Morning</b> 8:30 Water Fitness</p>
14	<p>15 <b>Morning</b> 8:00AM Express Blast (LR) 8:30 Water Fitness</p> <p><b>Evening</b> 5:30PM Cayman Physio 6:00 Interval Tabata (LR)</p>	<p>16 <b>Morning</b></p> <p><b>Evening</b> 5:30 Water Fitness 6:30 Adult Swimming</p>	<p>17 <b>Morning</b> 8:00 Express Blast ( LR) 8:30 Water Fitness</p> <p><b>Evening</b> 6:00 Interval Tabata (LR)</p>	<p>18 <b>Morning</b></p> <p><b>Evening</b> 5:30 Water Fitness</p>	<p>19 <b>Morning</b> 8:30 Water Fitness</p>	<p>20 <b>Morning</b> 8:30 Water Fitness</p>
21	<p>22 <b>Morning</b> 8:00AM Express Blast (LR) 8:30 Water Fitness</p> <p><b>Evening</b> 5:30PM Cayman Physio 6:00 Interval Tabata (LR)</p>	<p>23 <b>Morning</b></p> <p><b>Evening</b> 5:30 Water Fitness 6:30 Adult Swimming</p>	<p>24 <b>Morning</b> 8:00 Express Blast ( LR) 8:30 Water Fitness</p> <p><b>Evening</b> 6:00 Interval Tabata (LR)</p>	<p>25 <b>Morning</b></p> <p><b>Evening</b> 5:30 Water Fitness</p>	<p>26 <b>Morning</b> 8:30 Water Fitness</p>	<p>27 <b>Morning</b> 8:30 Water Fitness</p>
28	<p>29 <b>Morning</b> 8:00AM Express Blast (LR) 8:30 Water Fitness</p> <p><b>Evening</b> 5:30PM Cayman Physio 6:00 Interval Tabata (LR)</p>	<p>30 <b>Morning</b></p> <p><b>Evening</b> 5:30 Water Fitness 6:30 Adult Swimming</p>	<p>31 <b>Morning</b> 8:00 NO CLASS 8:30 Water Fitness</p> <p><b>Evening</b> 6:00 Interval Tabata (LR)</p>			

**\*Specialty Classes in Red– See back for details**

# Class Description

**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**

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

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## **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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