

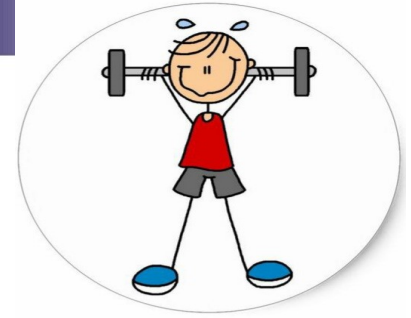


# fitness

## connection

T H E C L U B

### Adult Fitness Calendar November 2020



	Mon	Tue	Wed	Thu	Fri	Sat
1.						
2.						
3.		<b>PM</b> 5:30PM Aqua Fitness 6:30pm Adult Swimming				
4.			<b>AM</b> 8:00—9 AM Express Blast 8:30AM Aqua Fitness			
5.				<b>AM</b> 8 AM Cayman Physio  <b>PM</b> 5:30PM Aqua Fitness		
6.					<b>AM</b> 7:30AM Aqua Fitness	
7.						<b>AM</b> 8:30am Aqua Fitness
8.						
9.	<b>CLOSED FOR PUBLIC HOLIDAY</b>					
10.		<b>PM</b> 5:30PM Aqua Fitness 6:30pm Adult Swimming				
11.			<b>AM</b> 8:00—9 AM Express Blast 8:30AM Aqua Fitness			
12.				<b>AM</b> 8 AM Cayman Physio  <b>PM</b> 5:30PM Aqua Fitness		
13.					<b>AM</b> 7:30AM Aqua Fitness	
14.						<b>AM</b> 8:30am Aqua Fitness
15..						
16.	<b>AM</b> 8:00—9 AM Express Blast 8:30AM Aqua Fitness  <b>PM</b> 5:30PM Cayman Physio 6:00PM Circuit Blast					
17.		<b>PM</b> 5:30PM Aqua Fitness (( AJ) 6:30pm Adult Swimming				
18.			<b>AM</b> 8:00—9 AM Express Blast 8:30AM Aqua Fitness			
19.				<b>AM</b> 8 AM Cayman Physio  <b>PM</b> 5:30PM Aqua Fitness (AJ)		
20.					<b>AM</b> 7:30AM Aqua Fitness	
21.						<b>AM</b> 8:30am Aqua Fitness
22..						
23.	<b>AM</b> 8:00—9 AM Express Blast 8:30AM Aqua Fitness  <b>PM</b> 5:30PM Cayman Physio 6:00PM Circuit Blast					
24.		<b>PM</b> 5:30PM Aqua Fitness 6:30pm Adult Swimming				
25.			<b>AM</b> 8:00—9 AM Express Blast 8:30AM Aqua Fitness			
26.				<b>Happy American Thanksgiving</b> <b>AM</b> 8 AM Cayman Physio  <b>PM</b>  5:30PM Aqua Fitness		
27.					<b>AM</b> 7:30AM Aqua Fitness	
28.						<b>AM</b> 8:30am Aqua Fitness
29.						
30.	<b>AM</b> 8:00—9 AM Express Blast 8:30AM Aqua Fitness  <b>PM</b> 5:30PM Cayman Physio 6:00PM Circuit Blast					

You don't have to  
be EXTREME,  
just CONSISTENT

\*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!

## **Fluid Strength**

**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!**

## **2020 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.**