

Adult Fitness Programs
Pilates will run by the month.

Pilates Exercise Class

Tuesday and/or Thursday 9:00 am

Classes are held in a private room.

No impact, slow moving, stretching and strengthening. Tone muscles using slow controlled movements and lots of breathing. Increase circulation and flexibility. Three levels of work out from beginner to intermediate. Program is set up for weight loss and/or maintenance.

Fees for Pilates

\$5 a class for members if paid by month, \$6 if paid by the class.

\$8 a class for non-members if paid by the month, \$10 if paid by the class.

Registration is ongoing for classes. Register at the end of each month for the next month.

A minimum number of participants are needed to hold classes.
Class registration forms need to be completed for all registrations.

Pickleball

Monday, Wednesday & Friday 8:30 - 11:45 am

Friday Evenings 7:00 - 9:00 pm

Fee: \$8 per day/non-members; free to members

Senior Table Tennis

Age 50 and up

Paddles provided. Held in the batting cage on Monday, Wednesday and Friday from 9:00 am until 3:00 pm.

Fee: \$6/day non-members

Zumba

Saturday 11:00 am until Noon

The Zumba Fitness program is a Latin-inspired dance fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exhilarating and effective fitness system. It combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. Zumba Fitness tones muscles, helps control blood pressure, reduces body fat, improves balance and posture and reduces stress. It also increases flexibility and range of motion and improves physical appearance. The

music, the steps, the move, the class energy is enjoyed by everyone. People of any fitness level, from any background and any age can start the program right away. The basic steps formula makes it easy for everyone. Registration is not required for this class.

Fee: \$5 per class; payable to the instructor