

Class descriptions

The Club & The Works

CLASSES PROVIDED AT THE CLUB

*Step-n-Sculpt by Heather Herbeck **Tues & Thurs 5:30am**

This 60-minute class energizes the body by mixing fun, easy-to-follow step combinations with strength training. Not only will you burn calories and build a leaner body, but you will have fun doing it. Get up with me and let's get moving! Heather is certified by the American Council on Exercise Personal Trainer, AFAA (Group Exercise Instructor), YMCA (Fitness Specialist), YMCA (Instructor & Instructor Trainer), YMCA Personal Trainer, and hold a BA degree in Exercise Science.

* Pilates by Caroline Elliott **Mon & Wed 5:30pm** **7:00am Mon & Fri**

One hour of pilates for core strengthening and increasing flexibility. Pilates is a safe and effective method of total body toning, utilizing principals of core muscle strengthening and spinal lengthening. Toning, strengthening, improved posture, increased flexibility, and general wellbeing. The mat based group class offers a challenging and enjoyable hour of instruction. *Please bring your own mat.*

Thank you for your interest in our aerobic program!

We appreciate your feedback so please to offer any suggestions for improvement. Members receive ALL the classes above with their membership. Non-members \$5.00 per 1-hour class. UNLIMITED AEROBIC CLASSES \$40 per month. Non-members must arrive early so a member or instructor may let them into the building. Please use sign-in sheet. During inclement weather call ahead to ensure class has not been cancelled. Due to the nature of 24-hour access, mats, balls and other small equipment should be brought by members.