

## FITNESS YOUR WAY

With just a touch of a button, you can choose from hundreds of fun and exciting exercise videos including kickboxing, dance, cycling, yoga, and more. With Fitness On Demand, you can participate in the fun of group fitness when and how you want it!

With Fitness On Demand, you'll get the industry's best group fitness classes, led by the industry's best instructors.

**STRENGTH** - Get the body you've always wanted. These classes target every muscle in your body so you'll look strong, toned and lean! Classes use a variety of equipment including dumbbells, suspension training straps and body weight exercises to give you the results you want.

**CYCLING** - Hit the road! Cycling classes help you get maximum workout benefits on the bike. Many classes bring the authentic outdoor riding experience into the studio. You'll enjoy an exciting ride through scenic destinations. Limited to 3 participants per class.

**CORE** - Strengthen and tone your core with classes designed to build strength and give you the abs you've always wanted.

**MIND & BODY** - Stretch, tone and strengthen in these classes. These classes combine Yoga and Pilates to help improve strength, flexibility, and endurance.

**CARDIO** - Get your heart pumping! Power through a kickboxing routine and practice your dance moves; these classes are guaranteed to get you moving!

## HOW YOU WANT IT



### CLASS LEVELS:

- Easy 
- Standard 
- Advanced 

### CLASS DURATIONS:

- <35 minutes
- 35- 49 minutes
- >50 minutes

## WHEN YOU WANT IT

Join the workout movement at the time that best meets your schedule. Times are available throughout each day. Working out is more fun when you do it with friends. We have set special times throughout the week to workout with your group of friends, co-workers, or family. Other times are available upon request. Times of day may vary depending on other scheduled activities in the studio. All participants must be 13 years of age and older.



**PREMIER DAY** – Mondays, 6:30pm and Saturdays, 9:00am. Each month we receive new classes. A new class will be highlighted each week.

**LUNCH TIME MADNESS** – Monday through Friday, 11:30am-12:30pm. Get your lunch buddies together and try a short workout of your choice then grab a light lunch on the way back to the office.

**STRESS RELIEVER CLASS** – Mondays and Wednesdays, 4:30pm-5:30pm. Before going home after a long day at work or school, stop by for a little stress relief. Participants have a choice to unwind with some cardio, meditate with a little yoga, or knock it all out with some kickboxing.

**MEN'S ONLY NIGHT** – Wednesdays, 7:30pm-8:30pm. Guys it is your choice tonight. Crank it up and pump the weights hard! Nothing standing in your way tonight to get that rock hard body you have always wanted.

**WOMEN'S ONLY NIGHT** – Thursdays, 7:30pm-8:30pm. Ladies this is your time to shine. Get your rhythm going and your groove on. Your choice how you want to burn the calories away!

**TEEN NIGHT** – Fridays, 5:30pm-6:30pm. This time is set for the younger crowd so they can get a jump start on Friday night FUN! No better way to start your date night or meet up with a bunch of your friends before the big game, movie, or party! Your choice of formats – the way you want it. Ages 13 – 18 years old.

**TOTAL BODY BOOT CAMP** – Monday through Thursday, 8:30pm-9:30pm. This timeslot is formatted for you so that each body part is worked each week using various exercise formats. No delays, classes start at exactly 8:35pm each night. Get signed in and get your equipment ready for a great workout. Class lengths may vary with each workout. This class, as with all classes, can be adapted to different levels. Follow the lead of the instructor that best fits your abilities and level.

JOIN THE MOVEMENT



Classes are free for members and with no additional cost to day pass holders. Others may join a class with the payment of a day pass. Once you have checked in at the front desk, please go to the Fitness Center Desk and an attendant will be glad to help you set up your class.

All classes are workout on your own and know that by participating in any format or style of exercise, that there is a risk of bodily injury. It is recommended to always check with your physician before starting any new exercise program. All participants accept liability and risk when attending these classes. All participants must sign the liability waiver prior to attending a class each day of use.

Equipment – class equipment is available for use and located in the studio where classes are held. Kettle bells are located in the free weight area of the Fitness Center and we ask that you put all equipment back where you got it when class is completed. At this time there are only 3 spin bikes available for use during spin/cycle classes in Studio 2.

Participants must be 13 years of age and older. All minors unaccompanied by their parent/guardian must have a parent waiver on file in the Fitness Center. All classes are held at The CORE located at 234 East Parkway Blvd. in Studio 2. For more information or to check availability of classes, other than times listed, please call 972-304-7064.



*"Group fitness classes when and how you want them!"*

