

# Sportsplex Drop In Fitness Classes

Effective: July 3, 2018- Aug 18, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BOOT CAMP PLUS</b> 6:00-7:00 am (ends July 23)		<b>BOOT CAMP PLUS</b> 6:00-7:00 am (ends July 25)		<b>BOOT CAMP PLUS</b> 6:00-7:00 am (ends July 27)
<b>CIRCUIT FUSION</b> 9:00-10:00 am (ends Aug 13)		<b>TRIPLE SSS!</b> 9:00-10:00 am (ends Aug 15)		<b>PUMP IT UP!</b> 9:00-10:00 am (ends Aug 17)
<b>SUMMER BOOTCAMP</b> 6:00-7:00 pm (ends July 23)	<b>SHAPE UP! NEW CLASS</b> 6:00-7:00 pm (ends Aug 14)		<b>SUMMER BOOTCAMP</b> 6:00-7:00 pm (ends July 26)	

FITNESS STAFF SUPERVISED WEIGHT ROOM TIMES				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-7:45 am	5:45-7:45 am	5:45-7:45 am	5:45-7:45 am	5:45-7:45 am
	3-5 pm (ends Aug 15)		3-5 pm (ends Aug 17)	

## YOUTH IN THE WEIGHT ROOM

- Youth, ages 12-15, may use the weight room during *Fitness Staff Supervised Weight Room Times* after they provide us with a signed Parental Consent Form.
- Youth ages 14-15 may use the weight room during unsupervised times after completing the **Independent Youth Weight Training Course**.

## Fitness Class Descriptions

### Boot Camp Plus

Whatever your fitness level, this class will help you build a stronger and fitter body. It is appropriate for all fitness levels.

### Summer Boot Camp

Boot camp incorporates cardio and resistance training with core and flexibility exercises to help you reach your fitness goals.

### Circuit Fusion

This class combines strength, cardio, core and flexibility training using interval stations and a variety of equipment.

### Triple SSS!

Step, Stabilize and Strengthen with simple routines that work your core and improve your balance.

### Pump It Up!

This total body class combines strength training, with core and flexibility work.

### Shape Up! - New Class

This workout uses weights, body bars, tubing, stability balls and more. Great cross training class for all levels. Classes are held indoors with an option to go outdoors.

## FITNESS & WEIGHT ROOM PASSES & DROP-IN FEES

Pass Description	Adult	Student/Youth (12-18 yrs) Senior (60+ yrs)
Drop In	\$6.67	\$5.71
10 Visit	\$47.92	\$35.29
1 Month	\$52.28	\$40.95
3 Month	\$115.23	\$86.67
6 Month	\$199.05	\$149.52
9 Month	\$256.19	\$192.38
1 Year	\$299.05	\$223.81

Note: All prices do not include tax

### WEIGHT ROOM IS OPEN:

Mon to Fri: 5:45am—9:30pm

Sat & Sun: 8:45am—4pm

For the installation of new Matrix weight training equipment

the Weight Room will be CLOSED Monday, Aug 27 to Friday, Aug 31