

# KENT P & R FITNESS CENTER

## FITNESS CLASS SCHEDULE CALENDAR

DAYS AND TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM		<b>Yoga Mary</b>		<b>Yoga Mary</b>			
9:00 AM	<b>Zumba Tammy</b>		<b>Zumba Tammy</b>		<b>Cardio Kickboxing Tammy</b>	<b>Zumba Stacey</b>	
10:00 AM	<b>Muscle Conditioning Tammy</b>	<b>Zumba Terri</b>		<b>Zumba Terri</b>		<b>Muscle Conditioning Terri</b>	
12:00 PM							
3:00 PM							
4:00 PM							<b>Bags &amp; Gloves Terri</b>
5:00 PM							<b>Zumba Stacey</b>
6:00 PM	<b>Circuit Training Dan</b>	<b>Zumba Terri</b>	<b>Zumba Stacey</b>	<b>Zumba Terri</b>	<b>Fusion/Zumba Stacey/Tammy</b>		
7:00 PM	<b>Zumba Stacey</b>	<b>Bags &amp; Gloves Terri</b>	<b>7:15 p.m. Circuit Training Terri</b>	<b>Bags &amp; Gloves Terri</b>			

## MONTHLY MEMBERSHIPS FEES

### Group Fitness Classes

\$ 40.00 Unlimited / month

\$ 25.00/ month for 8 classes or sign up for 3 months for \$20.00 8 classes / months

\$ 5.00 drop in class

### Specialty Classes

Yoga: \$50.00/mos for 8 classes

\$30.00/mos for 4 classes

Drop in fee: \$10.00

## GROUP FITNESS CLASS DESCRIPTIONS

**Bags and Gloves**– Punch and kick your way into a fit body with this full body workout. You will learn a series of punches and kicks on a bag that will get your heart rate up with boot camp style exercises in the middle for strength.

**Circuit Training**- Move quickly from exercise to exercise in this fast paced class that will rotate cardio training and muscle conditioning for a full body workout to zap away calories and tone and tighten your entire body.

**Cardio Kickboxing**-characterized by their high intensity intervals coupled with toning recovery periods, this combination of dance and martial arts moves will improve endurance, tone muscles, and shred your abs to zap away calories.

**Muscle Conditioning**– Tone it up using a variety of our equipment including weights, bands, and body bars to increase your strength and improve your muscle tone in this 1 hour class that focuses specifically on weight training.

**Yoga**– Quiet your mind, body, and soul with smooth flowing postures and breathing exercises that will increase flexibility, muscle definition and mental clarity. \*Not included with the Group Fitness Memberships. See prices above.

**Zumba®**- Zumba® exercise classes are " fitness-parties " that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout that feels like a celebration.