

FITNESS (ALL AGES)

MORNING BOOT CAMP

Are you ready to get in shape? Are you looking for a boost to your day? You will gain improvements in your physical well-being and self-confidence. Firm and tone your body, reduce your body fat and inches! Boot camp will take place indoors and outdoors.

TUESDAYS & THURSDAYS 6:00-7:00AM

Session I: April 6-29

Session II: May 4-27

Session III: June 8-July 1

Session IV: July 6-29

Session V: August 3-26

Session VI: September 7-30

Ages: 16 years-Adult

Fee: Member \$50 Resident \$55 Non-resident \$65

Instructor: BC Staff

EVENING BOOT CAMP

Are you ready to get in shape? Are you looking for a boost to your day? You will gain improvements in your physical well-being and self-confidence. Firm and tone your body, reduce your body fat and inches! Boot camp will take place indoors and outdoors.

TUESDAYS & THURSDAYS 6:00-7:00PM

Session I: April 6-29

Session II: May 4-27

Session III: June 8-July 1

Session IV: July 6-29

Session V: August 3-26

Session VI: September 7-30

Ages: 16 years-Adult

Fee: Member \$50 Resident \$55 Non-resident \$65

Instructor: BC Staff

PRENATAL YOGA

Participants gain flexibility, focus, and strength through a gentle practice that is designed especially for the pregnant woman's needs. Connect with other mothers-to-be in a safe and supportive environment. Classes are appropriate for new and experienced yoga students.

MONDAYS & WEDNESDAYS 6:30-7:30PM

Session I: April 5-May 12

Session II: June 7-July 14

Session III: July 19-August 25

Session IV: September 13-October 20

Ages: Adult

Fee: Member \$50 Resident \$55 Non-resident \$65

Instructor: Cheryl Meiers

FREE MONTHLY FUN 5K'S

No registration is necessary. Just show up with your running shoes ready! Adults, kids, strollers, and pets are welcome! Walkers, joggers, runners set your own pace.

Saturday April 24 8:00AM

Creekside Trail

Saturday May 22 8:00AM

Sendero Springs Trail

Saturday September 18 8:00AM

Community Park Trail

HATHA FLOW YOGA

Hatha flow yoga uses a sequence of movements that "flow" with the breath in a vigorous series to build strength and increase endurance, flexibility, and muscle tone. Classes are appropriate for yoga students who have practiced yoga for at least one month and are seeking a stronger physical workout in their yoga practice.

TUESDAYS & THURSDAYS 7-8AM

Session I: April 6-29

Session II: May 4-27

Session III: June 8-July 1

Session IV: July 6-29

Session V: August 3-26

Session VI: September 2-28

Fee: Member \$20 Resident \$25 Non-resident \$35

Instructor: JP Dupuis

LOW IMPACT AEROBICS

A perfect class for our active seniors. It includes a great cardiovascular activity with a minimum amount of impact. Some resistance training includes resistance bands, light free weights, and manual resistance activities.

MONDAYS & WEDNESDAYS 12:45-1:45PM

Ages: Adult

Fee: Members Free Resident use \$40 pass

Non-resident use \$60 pass

Instructor: BC Staff

STRETCHING FOR HEALTH

This fun class focuses on stretching exercises that will benefit each individual. They allow participants to perform functional everyday exercises.

TUESDAYS & THURSDAYS 12:45-1:30PM

Fee: Member Free Resident use \$40 pass

Non-resident use \$60 pass

Instructor: BC Staff

GIRL POWER FITNESS

A class designed just for girls! Learn how to use cardiovascular equipment and weight machines in the weight room! Also use the body bars and exercise tubes! Get in shape with Girl Power!

MONDAYS 4-5PM

April 19-May 10

Ages: 6th-8th grades

Fee: Member \$40 Resident \$45 Non-resident \$55

Instructor: BC Staff

TEEN FITNESS BOOT CAMP

Want to get in shape for the school year? This camp offers a fun and challenging fitness program. See p.8 for more details.

PERSONAL TRAINING

Personal training sessions are available to members only. Call 255-7871 x231 and ask to speak to one of our personal trainers to schedule your appointment! GIFT CERTIFICATES are available.

INDIVIDUAL
Member Sessions

1 session: \$40

4 sessions: \$135

8 sessions: \$250

12 sessions: \$345

(Prices are person)

Instructor: Brushy Creek Personal Trainers

PARTNER

Member Sessions

1 session: \$34

4 sessions: \$107

8 sessions: \$186

12 sessions: \$249

FITNESS ASSESSMENT

Do you know what your fitness level is? Find out with a fitness assessment! Tests will be done to measure your flexibility, muscular strength, and endurance. Your body composition and girth will also be tested. The Fitness Assessment is for MEMBERS ONLY! Call 255-7871 x231 to schedule your appointment!

Fee: Member \$10

Instructor: BC Personal Trainer

BODY FAT TESTING

Do you know what your percentage of body fat is? Find out with Body Fat Testing is for MEMBERS ONLY! Call 255-7871 x231 to schedule your appointment!

Fee: Member \$5

Instructor: BC Personal Trainer