



GROUP EXERCISE CLASSES

VICTORIA TRAILS AMENITY CENTER

GROUP EXERCISE

VICTORIA PARK FITNESS CARD

Only \$2.00 Per Class

10 or 20 punch cards available for purchase.

MONDAY	YOGA	9:00 AM
	PILATES	3:30 PM
TUESDAY	STRENGTH TRAINING	9:00 AM
WEDNESDAY	PILATES	3:30 PM
SAT THURSDAY	STRENGTH TRAINING	9:00 AM
	CARDIO FIT	9:00 AM

CARDIO FIT Sizzle, Sweat, Strengthen, Stretch, and smile to reach your personal fitness goals. This one hour workout will include low impact aerobics, strength training, core, flexibility, and relaxation. Make the move to Cardio Fit!

PILATES A unique form of simple, precise and effective exercise. Pilates is not only gentle on the body but also offers many benefits. It focuses on the deep muscles responsible for your body's core strength and stability.

STRENGTH TRAINING Learn the basics of strength training using free weights and your own body weight. Some cardiovascular exercise is included.

YOGA A class for all fitness levels. The class focuses on teaching basic yoga postures, healthy alignment of the spine, as well as strengthening the musculature that supports the body. If you have been wanting to begin a yoga practice to reap all of the health benefits that yoga has to offer...now is the time! Please bring a mat, towel and water.

Classes are adapted for all fitness levels.



Call (386) 279-7700
to purchase fitness card.