

2024 Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.			Boot Camp		Boot Camp	
8:30 a.m.						Boot Camp
9:30 a.m.			Boot Camp		Boot Camp	
10:00 a.m.		Balance & Strength Class			Balance & Strength Class	
10:30 a.m.	Silver Power Hour		Silver Power Hour			
12:00 p.m.		Silver Power Hour		Silver Power Hour		
4:00 p.m.						
5:30 p.m.	Boot Camp			Boot Camp		

Boot Camp

This class is designed to build strength and aerobic endurance, while burning fat and building muscle. We use ropes, kettlebells, medicine balls, resistance bands, TRX, and truck tires to constantly change the workouts and keep your body challenged. Boot campers of all fitness levels are welcome! Workouts are personalized and monitored closely. It's a great mix of core, cardio, and strength training.

Classes are 5 days a week. \$100/month, \$132/10 sessions, \$16/session.

Silver Power Hour

This 50-minute class is designed for active older adults seeking to enhance their overall health and wellness through guided exercise. Participants will learn strategies and techniques to combat the physical effects of aging and reduce injury risk, all within a fun, small group setting. We incorporate various exercise equipment to ensure participants progress safely and with confidence.

Classes are Mondays/Wednesdays at 10:30 a.m. and Tuesdays/Thursdays at 12 p.m. - \$100/10 sessions, \$16/single session

Balance & Strength Class

This 50-minute, low-impact fitness class is designed to boost overall balance and strength, addressing the effects of aging while minimizing the risk of injury. Held in a small group setting, the class emphasizes body awareness and utilizes light resistance equipment, helping participants regain their confidence and independence in daily activities.

Classes are Tuesdays/Fridays at 10 a.m. - \$100/10 sessions, \$16/session