

## Fitness Information Sheet

### **Weight Room Membership**

Cost: \$10 per month (\$20 for 1<sup>st</sup> month to cover key fob cost)

Includes: weight room membership & pickleball

### **Fitness Package**

Cost: \$25 per month (\$35 per month with weight room included)

Includes: access to all of our fitness classes

Current classes: HIIT (Tues. Night); Revolution (Thurs. Night); Boot Camp (Sat. Morning)

### **Pickleball**

Cost: \$3 per class or \$20 for a 10-session pass

Tuesday, Wednesday and Thursday mornings: 9:00 a.m. - 12:00 p.m.

### **Fitness Classes**

Cost for HIIT, Revolution & Boot Camp: \$10 per class or \$7 for weight room members

## **Fitness Class Description**

<b>HIIT Class</b>	HIIT Class is a total body training workout that incorporates high reps and light weights in a training circuit style. The class is designed to systematically vary your heart rate with short bursts of resistance and cardio training peaks, while including intervals of lowering your heart rate, which makes for a great workout!
<b>Revolution Class</b>	Revolution Class incorporates a mix of cardio, interval, weight and body resistance training. The style of the workout will vary each week. Each workout will include high and low levels of intensity to create an efficient aerobic and anaerobic workout.
<b>Boot Camp</b>	Boot Camp incorporates total body training designed to focus on strength training, while incorporating light cardio and plenty of core development training. The exercises can be modified for different levels of training.