



North Fayette Community Center



FITNESS CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<u>9:00-11:00 am</u> PickleBall	<u>9:00-10:00 am</u> Cardio Sculpt		<u>9:00-10:00 am</u> PiYO	<u>9:00-10:00 am</u> Animal Movements
	<u>6:00-7:00 pm</u> P90X		<u>10:00-11:00 am</u> Senior Strut/Sculpt	<u>9:00-11:00am</u> PickleBall		<u>10:00-11:00 am</u> BOOT CAMP
	<u>7:30-8:30 pm</u> BootCamp	<u>6:00-7:00 pm</u> PiYO	<u>6:00-7:00 pm</u> PiYO	<u>6:30-7:30pm</u> Cardio Sculpt		
	<u>7:30 – 9:00 pm</u> Pickleball					

P90X- Workout that covers cardio, upper strength, lower strength, and core in just under an hour. Modifiable for any fitness level

BOOTCAMP- Circuit and interval training to test your strength and endurance. Athlete-inspired workout using your body weight as resistance and features core and agility ladder as well. Bring your own mat.

CARDIO SCULPT- A combination of energetic cardio and effective body sculpting using body weight, dumbbells, kettle bells, steps, bosu balls, and weighted bars making every class unique, fun and a full body workout. Please bring your own mat.

SENIOR STRUT/SCULPT-A circuit type workout to increase your cardiovascular and muscle endurance. Upper body strength work with hand held weights and small balls with low impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SENIOR PICKLE BALL - Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net.

PIYO - A unique blend of strength training and core conditioning – a perfect combination of Pilates and Yoga set to vibrant music. It is all about energy, power and rhythm. This is unlike anything you’ve ever done before. Please bring your own mat.

ANIMAL MOVEMENTS- Crawl, hop, and maneuver your way through this nontraditional workout. Challenge your muscles and coordination while you work to master each movement, improving your body control and flexibility along the way. NOT RECOMMENDED for those with chronic shoulder, hip and/or knee injuries.

CLASS FEES: \$7.00 per class OR purchase a punch card for **ANY** 10 classes: \$40/\$4 a class for members OR \$60/\$6 a class for non-members
Senior activities and classes are included in yearly membership to the community center.