

Group Fitness Schedule

* All classes are \$42 for 6 weeks or \$10 to drop in. (Add \$3/class for non-members.) Sign-ups are taken at the front desk.

Body Sculpt- Nicole

Challenge your fitness level with this 6 week class geared towards body sculpting. Develop your cardiovascular endurance and increase muscle tone with this all inclusive class. Class taught in six week sessions. Next session is March 19- April 30. (No Class April 2) Call Nicole at 859-327-9228 for more info.

X-Training-Michelle

Challenge your cardiovascular fitness, muscular strength and flexibility with 20 minutes of high intensity cardio, 20 minutes of strength training and 20 minutes of Pilates. Class taught in six week sessions Fridays at 9:30 am. The next session is March 9-April 27. (No Class March 23 or April 6) Call Michelle at 859-421-4411 for more info.

Yoga-Toni

11 am Thursdays. Learn the classical hatha yoga poses along with breathing and meditation techniques. Develop a flexible and strong body, mind and spirit. New session starts Thursday, February 22. Class taught in six week sessions.

Boxercise-Jan

Call Jan at 272-4547 for availability.