

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

## ZUMBA LITE

Zumba is a fusion of Latin dance themes creating an exciting, effective fitness program! Zumba lite is specifically designed for the beginner or active older adults. It is all the fun of Zumba with "easy on the body" moves.

### Spring Program Session Only

<b>Fees:</b>	<b>Member: \$9</b>	<b>Other: \$20</b>
Versailles	Tuesday	8:00-8:45 am

## ZUMBA

Zumba is a fusion of Latin dance themes creating an exciting, effective fitness program! Routines feature aerobic/fitness training with fast and slow rhythms that tone and sculpt the body. It is fun and easy to do!

**Spring Program Fees: Member: \$25 Other: \$52**

**Summer Program Fees: Member: \$18 Other: \$38**

Greenville	Mon/Wed	4:30-5:30 pm
Versailles	Tue/Thu	7:00-8:00 pm

**Spring Program Fees: Member: \$18 Other: \$38**

**Summer Program Fees: Member: \$13 Other: \$28**

Greenville	Tue/Thu	8:15-9:00 am
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**Spring Program Fees: Member: \$12 Other: \$26**

Versailles	Thursday	5:30-6:30 pm
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## LOW IMPACT AEROBICS

Looking for a total body aerobics class without all the pounding and complex moves of a step or kickboxing class? Do you wish there was a low impact, low intensity class to take? Well, look no further! This class is perfect for anyone! Each class will include cardio and toning exercises.

**Spring Program Fees: Member: FREE Other: \$38**

**Summer Program Fees: Member: FREE Other: \$28**

Greenville	Tue/Thu	9:00-9:45 am
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## BOOT CAMP

This class combines total body toning, strength training and cardio. You will use steps, balls, bands, bars and weights. Get ready...it's Fast and Fun!

**Spring Program Fees: Member: \$37 Other: \$76**

Greenville	Mon/Wed/Fri	9:00-10:00 am
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**Spring Program Fees: Member: \$25 Other: \$52**

**Summer Program Fees: Member: \$18 Other: \$38**

Greenville	Tue/Thu	7:00-8:00 pm
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## INTRO TO BOOTCAMP

Have you gotten out of the workout routine, or you never have had one? Start here with lots of variety: cardio, strength training, flexibility and toning. This class will get you up and moving!

**Spring Program Fees: Member: \$9 Other: \$20**

**Summer Program Fees: Member: \$7 Other: \$16**

Greenville	Wednesday	7:15-8:00 pm
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## STEP N' MORE

Step your way into fall with this energizing class that will incorporate step, kickboxing and traditional floor aerobics! Toning will be included as part of the workout.

**Spring Program Fees: Member: \$25 Other: \$52**

**Summer Program Fees: Member: \$18 Other: \$38**

Greenville	Tue/Thu	6:00-7:00 pm
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## RESIST-A-BALL TOTAL BODY WORKOUT

Want to add some fun to your workouts? Looking to improve your strength, flexibility and cardiovascular fitness? Cardio for your heart and toning for your muscles!

### Spring Program Session

**Fees: Member: \$25 Other: \$52**

Versailles	Mon/Thu	8:00-9:00 am
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### Summer Program Sessions

**Fees: Member: \$18 Other: \$38**

Versailles	Mon/Wed	9:15-10:15 am
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Versailles	Tue/Thu	5:00-6:00 pm
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**Fees: Member: \$9 Other: \$20**

Versailles	Friday	9:15-10:15 am
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## TOTAL FITNESS

This class will energize you into a higher level of fitness with intense step aerobics, toning exercises and more!

**Spring Program Fees: Member: \$25 Other: \$52**

Versailles	Mon/Wed	6:30-7:30 pm
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**Summer Program Fees: Member: \$26 Other: \$54**

Versailles	Mon/Wed/Fri	8:00-9:00 am
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## "ABS"-OLUTELY

Work those abs in a quick burst before or after another fitness class! This hard-core class targets the mid-section only (abs and internal/external obliques). Instructor is always open to questions and suggestions.

### Spring Program Session Only

**Fees: Member: FREE Other: \$15**

Greenville	Tue/Thu	8:30-8:40 am
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