

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.



ZUMBA LITE - NEW!

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.

Fees:	Member: \$18	Other: \$40
Greenville	Tue/Thu	11:30 am-12:00 pm
Instructor: Cass Flory		

Fees:	Member: \$15	Other: \$34
Versailles	Tuesday	8:00-8:45 am
Instructor: Sharon Kramer		

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!

Fees:	Member: \$18	Other: \$40
Greenville	Thursday	3:30-4:30 pm
Instructor: Lora Woolard		

Fees:	Member: \$22	Other: \$48
Versailles	Tue/Thu	6:30-7:30 pm
Instructor: Lynn Blakeley		

ZUMBATOMIC - NEW FOR KIDS!

Zumbatomic is a **BRAND NEW** Zumba program just for kids! Scientist "Dr. Tomic" has discovered the secret to happiness - ZUMBA! Have fun moving to the magnetic Latin beat while learning cool dances and playing games!

Fees:	Member: \$12	Other: \$28
Versailles	Thursday	6:00-6:30 pm
Instructor: Lynn Blakeley		

Like other moderate, low-impact activities, such as brisk walking, cycling or aerobics, dancing can help strengthen bones and muscles without hurting your joints, tone your entire body, improve your posture and balance, which can prevent falls, increase your stamina and flexibility, reduce stress and tension, build confidence, provide opportunities to meet people, and ward off illnesses like diabetes, high blood pressure, heart disease, osteoporosis and depression. So if you're tired of the treadmill or your typical aerobics class and are looking for a fun way to stay fit and healthy, it might be time to kick up your heels!

Cardio

BOOT CAMP

Do you want a class with results? This one will do it! 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!

Fees:	Member: \$22	Other: \$48
Greenville	Mon/Wed	5:30-6:30 pm
Instructor: Jodi Perriera		

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.

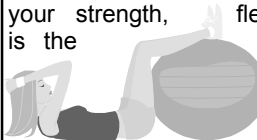


Fees:	Member: \$18	Other: \$38
Greenville	Tue/Thu	10:30-11:15 am
Instructor: Cass Flory		

Fees:	Member: \$22	Other: \$48
Greenville	Tue/Thu	6:00-7:00 pm
Instructor: Wendy Aultman		

RESIST-A-BALL TOTAL BODY WORKOUT

Want to add some fun to your workouts? Looking to improve your strength, flexibility and cardiovascular fitness? This is the class for you! Cardio for your heart and toning for your muscles—what more could you want? Great for all ages and fitness levels.



Fees:	Member: \$22	Other: \$48
Versailles	Mon/Thu	9:00-10:00 am
Instructor: Christy Prakes		

EXERCISE FUSION - NEW!

This class has it all! It will take you to a whole new fitness level! Every class will be a surprise workout. You will work on your core, cardio, flexibility, endurance and so much more! This class is tailored to each participant's needs so all fitness levels are welcome!

Fees:	Member: \$16	Other: \$36
Greenville	Monday	7:15-8:00 pm
Instructor: Jodi Perriera		