



Noon Hour Fitness Classes

January 9th - April 27th, 2012

M/W/Th/F 1215 - 1245

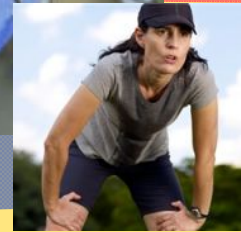


HIGH VELOCITY (METABOLIC CONDITIONING) WEDNESDAY 1215-1245

30 MINUTES IS ALL YOU'LL NEED IN THIS CALORIE SHREDDING WORKOUT! DESIGNED TO ACCOMMODATE BEGINNERS AND ADVANCED PARTICIPANTS TO PUSH YOURSELF TO YOUR LIMITS! THE BEST WAY TO START OUT YOUR WEEK!

EACH WORKOUT ALLOWS YOU TO WORK AT YOUR OWN PACE OR TO PUSH YOURSELF AS FAR AS YOU CAN.

INSTRUCTOR: ANDREA FAHLMAN



Vinyasa Yoga Thursday 1215-1245

Vinyasa yoga class is open to all levels. This class incorporates a continuous, steady flow of connected yoga postures linked with breath work. Strengthen, tone, and stretch in this 30 minute challenge.

Instructor: Carly Stevenson



CARDIO CIRCUIT MONDAY 1215-1245

START OUT YOUR WEEK WITH A 30 MINUTE CLASS THAT INCLUDES YOUR WARM UP, COOL DOWN AND CIRCUIT WORKOUT!

CIRCUITS WILL COMBINE A VARIETY OF STRENGTH AND CARDIO BASED MOVES TO GIVE YOU A TOTAL BODY WORKOUT!

INSTRUCTOR: ANDREA FAHLMAN



Sprint Spin

Friday 1215-1245

Get a kick start to your weekend with 30 minutes on the Keiser M3 spin bikes. This quick 30 minute ride will give you an energy boost you can ride through the afternoon and into the weekend!

Experience the smooth quiet ride of the Keiser while working through hills, sprints, climbs and whatever else the cycle trail has in store!

Instructor: Brandi Sheppard



Fitness Class Prices

Military no charge

Drop In:

CRA Member \$2.50

Non Member \$5.00

10 Punches:

CRA Member \$18.00

Non Member \$40.00

20 Punches:

CRA Member \$30.00

Non Member \$80.00

MINIMUM 3 PARTICIPANTS