

MyChoice Fitness

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Create a flexible fitness plan that works around your schedule with MyChoice fitness classes. No registration is required, leaving you free to customize your fitness program to fit your life. MyChoice classes meet at the Simkus Recreation Center.

(MyChoice punch passes expire in the session they are purchased for. No evening class May 31. No classes April 4.)

Spring Session: March 29-June 20

12 Class Punch Pass:	\$63	
6 Class Punch Pass:	\$42	
Drop-In:	\$8/class Resident	\$12/class Non-Resident



Power Abs

Power your midsection with 20 minutes of intense focus on abdominal muscle strengthening.

Boot Camp

Challenge your strength, agility and endurance while you jump rope, run, resistance train and much more!

Cardio Fit and Tone

Burn fat, calories and improve cardiovascular fitness through a series of beginner and intermediate moves.

Cardio Potluck

Take part in cardio and strength exercises in a fun classroom setting. Experience a new MyChoice fitness class each week.

Group Cycling

An awesome aerobic workout on a specially designed stationary bicycle. Pedal to motivating music as the instructor guides you through a series of hills, sprints and jumps. Additional fee required. See page 20 for details.

NEW

Cardio Kickboxing

Punch and kick your body into shape! Burn fat and calories by combining punching and kicking techniques and a variety of equipment.

Kick'n'Abs

40 minutes of cardio kickboxing to burn those calories and tone all major muscle groups followed by 20 minutes of ab toning.

Good Morning Cardio-Lates

Mornings are the best time to exercise! Raise your metabolism for the day with a mixture of step, hi/lo, interval training and 30 minutes of pilates.

BodyPump

BODYPUMP is the original barbell class that strengthens your entire body. Challenge all your major muscle groups by using the best weight-room exercises like squats, lifts and curls.

PiYo

Energize your morning with awakening yoga and strengthening Pilates combined! Come and give it a try!

Pilates

Target all of your major muscle groups while emphasizing form for an effective muscle conditioning workout. Bands, balls and other equipment will be used.

Bosu

Bosu Ball Class! Learn a refreshing, aerobic, upbeat workout using half a ball. Strengthen your core, legs, abs, glutes and heart while perfecting your balance. Limited space, up to eight participants.

NEW

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Fit & Tone 6:00-7:00am	AM Challenge 5:30-6:15am	Good Morning Cardio Lates 6:00-7:00am	Group Cycling 5:30-6:15am	Body Pump 6:00-7:00am	Boot Camp 7:15-8:15am	
		Group Cycling 8:00-8:45am			PiYo 8:30-9:30am	
Body Pump 9:10-10:10am	Cardio Tone & Tighten 9:10-10:10am	Body Pump 9:10-10:10am	Cardio Tone & Tighten 9:10-10:10am	Mix it Up 9:10-10:10am	Group Cycling 9:30-10:15am	Cardio Potluck 8:00-9:00am
	FOREVER YOUNG FITNESS CLASSES					
	Tai Chi 10:15-11:15am	Everyday Fitness 10:15-11:15am	Yoga 10:15-11:15am	Everyday Fitness 10:15-11:15am	Zumba Loco 10:30-11:30am	
Cardio Fit and Tone 6:20-7:20pm	Group Cycling 5:30-6:15pm	Core Stability 6:10-6:30pm	Cardio Kickboxing 6:20-7:20pm			
Power Abs 7:25-7:45pm	Body Pump 6:25-7:25pm	Step & Sprint 6:35-7:35pm	Yoga-Lates 7:25-8:10pm			
Bosu 7:50-8:35pm	Kick 'n' Abs 7:30-8:30pm	Pilates 7:40-8:40pm				

Step & Sprint

Combine the best of both beginner and intermediate level step choreography and high intensity athletic step drills. Great for individual seeking a challenging workout.

NEW

Cardio Tone and Tighten

Get it all done in one! Firm and strengthen the entire body. This class consists of anything from step aerobics, intervals, weights, abs and more!

Yoga-Lates

Indulge in the benefits of two worlds-Yoga and Pilates. Find focus and balance as you gracefully transition from yoga's strength and stretch movements to Pilates-inspired movements.

AM Challenge

Start your day off right with an early morning workout. Challenge your body with a combination of step, aerobics, strength training, circuit training, abs and more.

ZUMBA Loco

Let Latin music motivate you to move in this fun class. Movements will be modified to fit fitness level.

Mix It Up

Mix up your workout with a little bit of jab, step, interval, cardiovascular movements, Pilates and Boot Camp routines. Various equipment will be used to strengthen and tone.

Core Stability

20-minute class focusing on strengthening the body's core muscles and stability.

NEW

Forever Young- Tai Chi for Strength

Focus on the benefits of Tai Chi for heart health and physical strength. Sharpen the mind, relieve stress, improve balance, flexibility, strength, and coordination.

Forever Young- Yoga

Boost mental and physical functions for people of all ages. Improve strength, flexibility, and gain a general sense of well being.

Forever Young- Everyday Fitness

A simple workout designed to boost overall health while improving muscle strength, bone density, flexibility and balance. You'll have more energy, find daily chores easier and feel stronger.