

CLASS SCHEDULE

2018

For questions, please contact:
Front Desk 215-627-4900 OPT 8
Thank you for being a valued member.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bootcamp: Fast 'n Furious I 9:00 AM Anne		Bootcamp: Fast 'n Furious II 9:00 AM Anne	FREE CHAIR MASSAGE BY WILL ALL DAY!!	Bootcamp: Fast 'n Furious III 9:00 AM Anne		
Movin' & Groovin' (For Seniors) 10:30 AM Anne	Yoga 10:00 AM Gabrielle		Yoga 10:00 AM Lucy		Stretch & Align 8:00 AM Val	Yoga Flow 10:00 AM Kori
	SILVER SNEAKERS (For Seniors) 9:00 AM ANNE		SILVER SNEAKERS (For Seniors) 9:00 AM ANNE		Yoga 8:30 AM Val	Zumba Toning 11:00 AM MARGIE
BOXING 6:00 PM Mike		BOXING 6:00 PM Mike			Zumba 11:30 AM Marianna	
	Zumba 5:45 PM Yvonne		FREE CHAIR MASSAGE BY WILL ALL DAY!!			
POWER YOGA 6:30 PM Kori		MAT PILATES 6:30 PM Candace	Zumba 7:30 PM Geneva	William Hipp Massage Book now!! 267-321-9957 wchipp71@yahoo.com Special rates available for first time customers! OG tshirts & hats \$10 at front desk		
To enter the club during 24 access hours, use your private access code.						

"SPONSOR A BUDDY" PROGRAM

Receive 1 FREE MONTH & 1 T- SHIRT for REFERRING A FRIEND.
For more details, please contact the front desk.

William Hipp Massage

Book now!! 267-321-9957
wchipp71@yahoo.com

Special rates available for first time customers!

OPTIMAL GYM WHERE MEMBERS BECOME FRIENDS

- Rules/Reminders: Any class with fewer than three (3) participants will be cancelled.
- Warm-up and cool downs are important parts of your workout.
- Please be on time and return all equipment to its proper place.
- Inform your instructor if you are new to the class, pregnant or if you have any limitations.

We are open 24 hours a day, 7 days a week
Regular hours: Mon – Fri (8 am – 9:30pm)
Weekends (8am – 6:00pm)

**To enter the club during 24 access hours use your personal
4 digit code. See a membership representative for one.**

CLASS DESCRIPTIONS

YOGA

Improve flexibility, reduce stress and restore a healthy mental and physical balance.

STRETCH & ALIGN

Slow static stretches and proper body alignment. Relax and build your flexibility at the same time.

PILATES (Mat Class)

One of today's most popular conditioning techniques. Strength is gained by centering the body and developing the abdominal and the torso.

ZUMBA®

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

BOOT CAMP - AEROBIC & CIRCUIT TRAINING

Military boot-camp style workout in a group-supported gym environment.

ROCKCLIMBING

Test your physical skill on our 3 challenging climbing walls. The wall will take you to new heights while burning fat and calories. Climb safely !

BOXING

Boxers are some of the best conditioned athletes on the planet. Let us get you into fighting shape while having fun and learning the skills of a boxer for self-defense. Class includes boxing fundamentals combined with cardio and strength training.

1. MOVIN' & GROOVIN'

2. WEIGHTS, BANDS, & BALLS

3. SILVER SNEAKERS

Keep your heart healthy with this low-impact aerobic senior workout program designed for all fitness levels. We incorporate a chair into the workout for standing and seating support – enabling you to push yourself as far as you want.

Rules/Reminders:

- Please be on time – The warm-up and cool downs are important parts of your workout.
- Please inform your instructor if you are new to the class, pregnant or if you have any limitations.
- Please return equipment to its proper place.
- Please limit cell phone use to locker rooms and lobby.