


MEMBER INCLUSIVE CLASSES


PILATES - MAT BASED This popular exercise method is focused on enhanced breath, flexibility of the spine, and balanced development of the muscles to improve alignment and posture. Pilates develops awareness of the whole body movement and can easily be adapted for most fitness levels.

BODY CONDITIONING CHALLENGE A strength training class, which incorporates all major muscle groups, concentrating in strength and endurance.

BREATHING AND MOVEMENT: featuring CORNBALL™

A class designed for aging adults featuring instructions on safe and effective movements and stretching. Exercises emphasize breathing, posture and strength conditioning. On Wednesdays you can try Cornball; a creative indoor racquetball sport.

 **FLOW YOGA** This class concentrates on balancing and energizing the body using breath and technique. Beginners and all levels welcome!

 **IYENGAR YOGA** This is a system of yoga emphasizing strength, balance, and alignment. Our instructors are BKS Iyengar certified and present Yoga with humility and humor, making it a class for all levels.

WORLD MOVEMENT: featuring CUBAN DANCE

This energetic, rhythmic class taught via Cuban and Caribbean music is designed for all levels interested in enjoying and learning new ways to move.

ZUMBA GOLD Designed to be approachable by all ages, regardless of fitness levels, with the simple goal of moving and have fun to motivating and lively music!

OPEN SESSIONS (OS)

We also offer Member Inclusive Open Sessions (OS) as additional group exercise opportunities.

These open sessions may be led by class participants as independent workouts in a group environment.

AM-PM FIT CLUB Join us! A like-minded club of fit enthusiasts dedicated to expanding our fitness levels.

POP-UP SPIN This high energy, cardiovascular, sixty minute workout is designed for individuals with prior experience indoor spin bike experience.

PICKLEBALL BASICS What is thirty-three percent tennis, thirty-three percent badminton and thirty-four percent ping-pong, equal? 100 percent fun! Come learn all the basics of Pickleball in these introductory sessions.

T'ai CHI Often described as mediation in motion, this ancient graceful exercise is used for stress management and wellness.

WEEKLY CLASS SCHEDULE



SEPTEMBER 2019 

HAVE YOU TRIED ONE OF OUR YOGA CLASSES?

SUN	MON	TUES	THUR	FRI	SAT
9 - 12:00 PM Doubles Open (OS)					8:45 - 9:45 AM Pop-Up Spin (OS)
9:30 - 10:30 AM Zumba Gold!	9:30 - 10:00 AM T'ai Chi (OS)		8:30 - 9:30 AM Pickleball Basics (OS)		9:30 - 10:00 AM T'ai Chi (OS)
GENNY P.					
11 - 12:00 PM Pilates	10:15 - 11:00 AM Breath & Move		9:30 - 10:00 AM T'ai Chi (OS)		10:15 - 11:00 AM Breath & Move
HILDA	PHIL			GENI	MELINDA
	6 - 6:45 PM Cuban Dance		10:15 - 11:00 AM Breath & Move <small>Featuring: Cornball</small>		11:15 - 11:45 AM Breath & Meditate
	CARLOS		GENI		GENI
	7 - 8:00 PM PM Fit Club (OS)	6 - 7:00 PM Body Condition	5:30 - 6:45 PM Iyengar Yoga	6:15 - 7:30 PM Flow Yoga	
		MELINDA	ROBIN	RICHARD	
	7 - 8:00 PM Pop-Up Spin (OS)		7 - 8:00 PM Pop-Up Spin (OS)		

Please remember to always check-in with the Front Desk Staff before attending any class. This helps us ensure accurate class attendance counts.

A DEDICATED HOUR LONG WORKOUT
WITH LIKE-MINDED,
GOAL ORIENTATED INDIVIDUALS

JOIN OUR

AM-PM **FIT** **CLUB**

FREQUENCY + INTENSITY + TIME

Weekly beginning on

MON. P.M. / WED. A.M.

JOIN US! A like-minded club of fit enthusiasts
dedicated to expanding their fitness levels with our
recommended posted workout sessions.

Join us once or twice a week **at 7:**

Monday **Evenings**
Wednesday **Mornings**

MONTHLY MEMBERSHIP RATES

INDIVIDUAL	SENIOR	RESIDENT
69.	55. <i>beginning at age 55</i>	45. <i>1333 Gough leaseholders exclusive</i>

+95. ONE-TIME INITIATION FEE

MEMBERSHIPS RATES ARE PER INDIVIDUAL.

GUEST PASSES

SINGLE PASS	CLASS SERIES	FULL SERIES
15. <i>per class.</i>	125. <i>10 class passes.</i>	200. <i>10 class passes with full facility privileges.</i>

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FREQUENCY + INTENSITY + TIME

WEEKLY BEGINNING ON

MON. P.M. / WED. A.M.

* SEE INSIDE FOR DETAILS.



SEPTEMBER

1333FIT.COM

FITNESS CENTER HOURS

M-F 6 AM - 9PM
S-S 8 AM - 6PM