

Memberships








Schedules

Basic Membership Schedule

Starts - APRIL 17th

realPerformance Basic Schedule

realPerformance

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM						9:00 AM 
10:30 AM						 *Yoga is a paid class
NOON	 		 		 	
2:00 PM						
6:00 PM			 			

PLEASE NOTE:
Classes are subject to change based on attendance and instructor availability.



aquaFit

A 45-minute workout in the pool. Exercise to music in an aquatic environment. Work to your own tolerance with resistance of water. Fun for all fitness levels.



realVelocity

A 45-minute cycling program geared for anyone that can ride a bike. Spin your way to burning calories and strengthening your lower body.



SILVERSNEAKERS

A 45-minute class designed to increase muscular strength, range of movement, and activity for daily living skills. The class utilizes hand held weights, elastic tubing, a ball, and a chair for seated and/or standing support.