

April 2019 MySTEPs Class Schedule

Classes are subject to change based on attendance/registration.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Barre 10:00 AM Jillian/ Levels 2-3	Aquafit 6:00AM Jillian/Levels 2-3	Barre 10:00 AM Jillian/Levels 2-3	Aquafit 6:00AM Jillian/Levels 2-3	Yogalates 10:00 AM Jillian/Levels 2-3
Gentle Joint Aquasize 11:00 AM Jillian/ Levels 1-2		Gentle Joint Aquasize 11:00 AM Jillian/ Levels 1-2		Gentle Joint Aquasize 11:00 AM Jillian/ Levels 1-2
Aquafit 6:00 PM Jillian/Levels 2-3	RunSTRONG 6:00 PM Lauren levels 2-3	Aquafit 6:00 PM Jillian/Levels2-3		

Level 1: Beginner, easy • Level 2: Moderate, some challenge • Level 3: Moderate to advanced, challenging

Strength, Cardio, and Mat Classes:

Barre (\$25/mo): Combining Pilates, ballet, yoga, and dance to ultimately sculpt and stretch your entire body.

RunSTRONG (\$25/mo (must commit to a specific day of the week) or \$50/mo for both days): A class geared specifically for runners that focuses on improving muscular endurance, running form, core and glute stability, and performance enhancement. This class will take runners through specific exercises that target underutilized muscles necessary for peak running performance and injury prevention. With this class, you have the option to sign up for 1 or 2 days a week.

Yogalates (\$25/mo) A blend of yoga and Pilates exercises. Any way you spell it, it benefits your body and soul.

Aquatic Classes:

Aquafit (\$25/mo (must commit to a specific day of the week) or \$50/mo for both days): Water aerobics focusing on the abdominals, lower back and buttocks. Increases strength, coordination, and flexibility. With this class, you have the option to sign up for 1 or 2 days a week.

***Must pre-register and pay prior to the month.**

Gentle Joint Aquasize (\$25/mo per day (must commit to a specific day of the week): This is a therapist led class designed to help those with arthritis, fibromyalgia, joint stiffness, or for those who want a gentle paced class. With this class, you have the option to sign up for 1, 2 or 3 days a week.

Not a ble to commit to a s pecific class ? No worries !10 class punch cards are available for \$90 or you can drop in for \$10.