

MySTEPs Class Schedule

Classes are subject to change based on attendance/registration.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gentle Joint Aquasize 11:00 AM Lauren / Levels 1-2	RunSTRONG 6:00 PM Lauren / Levels 2-3			Gentle Joint Aquasize 11:00 AM Lauren / Levels 1-2

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

Strength, Cardio, and Mat Classes

RunSTRONG (\$25/mo): 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.

Aquatic Classes

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 or 2 days a week.

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