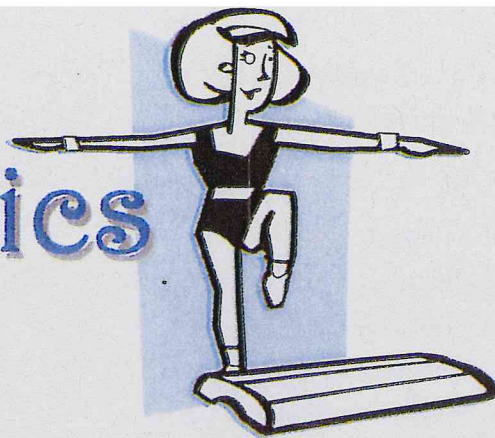


Aerobics



Weekly Schedule

MON.	TUES.	WED.	THURS.	FRI.
8:30 - 9:30 COMBO AEROBICS	8:30 - 9:45 PYRAMID TRAINING	8:30 - 9:30 COMBO AEROBICS	8:30 - 9:30 BODY CONDITIONING	8:30 - 9:30 COMBO AEROBICS
8:30 - 9:30 H2O AEROBICS	10:20 - 11:20 STRETCH & FLEX YOGA	8:30 - 9:30 H2O AEROBICS	10:20 - 11:20 STRETCH & FLEX YOGA	8:30 - 9:30 H2O AEROBICS
	<u>NIGHT CLASS</u> 5:30 - 6:30pm H2O AEROBICS		<u>NIGHT CLASS</u> 5:30 - 6:30pm H2O AEROBICS	
	<u>NIGHT CLASS</u> 6:15 - 7:15pm BODY CONDITIONING		<u>NIGHT CLASS</u> 6:15 - 7:15pm PYRAMID TRAINING	

\$3. per Class - 12 Class/Punch Card - \$36.

Or

Unlimited Yearly Pass - \$400.

COMBO AEROBICS

Combines step, weights & floor routines for a fun workout that is designed to increase muscular strength & endurance.

PYRAMID TRAINING

Weight training/body conditioning class that works all major muscle groups & requires the adding of weight to each set with a simultaneous reduction of repetitions until peak is achieved. Then the reduction of weight on each set with a simultaneous addition of repetitions until the starting amount of weight & repetition is achieved.

BODY CONDITIONING

A variety of exercises with dumbbells designed to force the muscle to become stronger & more dense & to reshape. Working out with weights increases bone density. Helps to prevent osteoporosis & can reverse it!

H²O AEROBICS

Feel better, tone muscles & increase aerobic conditioning. Water aerobics is for everyone, including those who have special health problems including: arthritis, joint discomfort, & injury rehabilitated needs.

Stretch & Flex-YOGA

These basic yoga movements will increase your range of motion, flexibility, balance and reduce stress. Feel good as we stretch & strengthen our bodies in a gentle & easy way. It's exercise that will develop your mind & body!

LOW IMPACT

This class will consist of a low impact aerobics class that may include anything from chair aerobics to strength conditioning with dumbbells. Feel great and become physically fit at a pace right for you!

APPOINTMENT ONLY

Need a workout routine? Don't know how to use the equipment? We will guide you through a weight room orientation and/or set you up on a program tailored to individual needs and goals. Need more, check out our CP's...

WEIGHT ROOM ORIENTATION - \$15.

EXERCISE PROGRAM - \$25.

CERTIFIED PERSONAL TRAINER

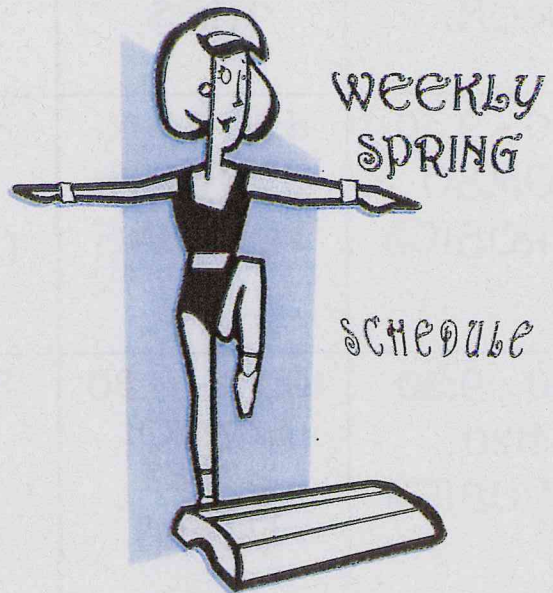
1-SESSION - \$45.

3-SESSIONS - \$115.

6-SESSIONS - \$180.

Call the front desk to setup an appointment-939-1693

AEROBICS



**Holley^{by}
The Sea**
IMPROVEMENT ASSOCIATION, INC.

