Aquatics

Deep Water Power Works $35.00
Deep water running is a non-impact form of running, done in the deep end of a pool, while wearing a flotation belt. It is perfect for both those with injuries and athletes who are interested in adding a challenge to their cross training workout. It’s also safe for seniors, pregnant women, and post-operative patients. No swimming skills are necessary...[participants can] work at their own pace... non-impact exercise for aerobic fitness helps speed up recovery process... stimulates land running and provides cross-training for runners. Beginners are welcome. Allows you to train while injured and maintain fitness while work with volume and intensity.

Location: Palladium Pool
Sec. 1 Tuesday 12:00-12:55pm SI Only
Sec. 2 Thursday 12:00-12:55pm SI Only
Minimum Enrollment: 10
Maximum Enrollment: 25

Swim for Aerobic Fitness $35.00
Prerequisite: Ability to swim eight continuous lengths of the pool (200 meters) using the front crawl stroke with no time limit. Students learn how to improve rhythm, coordination, and timing of their front crawl while developing sufficient strength and endurance to swim one-half mile (16 laps of the pool) by the end of the course.

Location: Palladium Pool
Sec. 1 Monday 11:00-11:55am SI Only
Sec. 2 Wednesday 11:00-11:55am SI Only
Minimum Enrollment: 10
Maximum Enrollment: 20

Swimming/Intermediate Advanced $60.00
Prerequisite: All persons who wish to enroll in this class must be able to swim two lengths of the Palladium pool unassisted. Basic swimming skills are assumed. Students will review and improve technique for the strokes they know. Will be introduced to higher level strokes such as the butterfly and techniques such as flip turns.

Location: Palladium Pool
Sec. 1 Mon. & Wed. 12:00-12:55pm SI Only
Minimum Enrollment: 10
Maximum Enrollment: 20

Body/Mind Connections

Feldenkrais $40.00
Change habitual patterns of tension and learn new ways to move through easy-to-do exercises designed to improve posture, coordination and balance, increase flexibility and enhance performance in all activities.

Location: Lafayette Fitness Room
Sec. 1 Wednesday 4:00-4:55 pm SI Only
Minimum Enrollment: 6
Maximum Enrollment: 10

Gentle Yoga and Meditation $40.00
For those who would benefit from a modified or slower-paced yoga class, and for anyone seeking a meditative, relaxing practice. Class will include gentle movement for flexibility and joint mobility without strain; restorative poses; meditative techniques, with an emphasis on breathing techniques, to foster greater body awareness, concentration, and focus. A perfect class to de-stress body and mind.

Location: Lafayette Fitness Room
Sec. 1 Monday 11:30 -12:25 pm SI, SII
Sec. 2 Wednesday 11:30-12:25 pm SI, SII
Minimum Enrollment: 10
Maximum Enrollment: 10

Hatha Yoga $40.00
Learn to relieve stress, enhance awareness, and balance mind and body through postures, breathing exercises, and meditation. Loose-fitting clothes are required. Yoga mats highly recommended.

Location: Lafayette Fitness Room
Sec. 1 Monday 12:30-1:25 pm SI, SII
Sec. 2 Tuesday 12:30-1:25 am SI, SII
Sec. 3 Tuesday 5:30-6:25 pm SI, SII
Sec. 4 Wednesday 12:30-1:25 pm SI, SII
Sec. 5 Thursday 12:30-1:25 am SI, SII
Sec. 6 Thursday 5:30-6:25 pm SI, SII
Sec. 7 Friday 12:30-1:25 pm SI, SII
Minimum Enrollment: 10
Maximum Enrollment: 10
Iyengar Yoga $40.00
Students practice the fundamental yoga postures including the standing poses and shoulder balance in a deliberate and focused manner. Students gain strength, coordination, flexibility, and a sense of well-being.

Location: 404 Fitness, Fitness Room
Sec. 1 Wednesday 10:00-10:55 am  SI Only
Minimum Enrollment: 10
Maximum Enrollment: 10

Individual Fitness

Ballet Workout $35.00
Ballet workout begins with a floor barre with bands to stretch and strengthen your core and then proceeds to a standing barre for balance, posture, and alignment ending with a graceful, fluid center of contemporary ballet combinations for agility and coordination. Open to all levels.

Location: Lafayette Dance Studio
Sec. 1 Thursday 1:30-2:25 pm  SI, SII
Minimum Enrollment: 10
Maximum Enrollment: 12

Belly Dance Fusion $30.00
Sculpt your core muscles! This class combines belly dance and modern dance by starting with isolations and combinations to Arabic music followed by aerobic modern dance movements holding 3-5 pound spheres for total body conditioning.

Location: Lafayette Dance Studio
Sec. 1 Tuesday 1:30-2:25 pm  SI, SII
Minimum Enrollment: 10
Maximum Enrollment: 25

Cardio Kickboxing $30.00
A high-cardio workout that tones the whole body. Choreographed routines set to motivating music combine moves taken from kick-boxing, interval training, and plyometrics. No experience or equipment necessary. Beginners are welcome.

Location: Lafayette Dance Studio
Sec. 1 Monday 7:30-8:25 pm  SI, SII
Sec. 2 Tuesday 7:30-8:25 pm  SI, SII
Sec. 3 Wednesday 7:30-8:25 pm  SI, SII
Sec. 4 Thursday 12:30-1:25pm  SI, SII
Sec. 5 Thursday 7:30-8:25 pm  SI, SII
Minimum Enrollment: 10
Maximum Enrollment: 25

Fit Express $20.00
Get Fit. Be Fit. Stay Fit. Start your day with this thirty minute workout that will challenge you from head to toe with short sets of strength and conditioning exercises.

Location: Lafayette Dance Studio
Sec. 1 Wednesday 7:35-8:00 am  SI, SII
Minimum Enrollment: 10
Maximum Enrollment: 25

Hard Core $30.00
Go beyond the “basic crunch” with a comprehensive workout designed to strengthen, condition, and tone the core muscle group and improve overall balance. A variety of apparatus is used including k-bells, body bars, Swedish balls, and medicine balls. Calisthenics and static strength exercises are taught in incremental sets, personalizing your workout to your levels of strength, cardiovascular fitness, and muscular endurance.

Location: Lafayette Dance Studio
Sec. 1 Monday 6:30-7:25 pm  SI, SII
Sec. 2 Wednesday 6:30-7:25 pm  SI, SII
Minimum Enrollment: 10
Maximum Enrollment: 25

Pilates $35.00
Learn to stretch safely and efficiently using the techniques developed by Joseph A. Pilates for the execution of controlled body movements designed to balance strength with flexibility. The class improves posture and makes muscles stronger and more flexible. This is a mat class only.

Location: Lafayette Dance Studio
Sec. 1 Monday 1:30-2:25 pm  SI, SII
Sec. 2 Tuesday 9:00-9:55 am  SI, SII
Sec. 3 Wednesday 1:30-2:25 pm  SI, SII
Sec. 4 Thursday 9:00-9:55 am  SI, SII
Minimum Enrollment: 10
Maximum Enrollment: 25
Spinning $35.00
Spin your way to fitness in this fierce bike workout that uses rhythm and music to motivate you for high intensity. First timers and pro pacers can all work together using variable resistance on the stationary bicycles.

Location: Lafayette Dance Studio
Sec. 1 Monday 8:00-8:55 am SI, SII
Sec. 2 Tuesday 8:00-8:55 am SI, SII
Sec. 3 Tuesday 12:30-1:25pm SI, SII
Sec. 4 Wednesday 8:00-8:55 am SI, SII
Sec. 5 Thursday 8:00-8:55 am SI, SII

Minimum Enrollment: 7
Maximum Enrollment: 12

Total Body Blast $30.00
This class incorporates non-stop body sculpting with pumping cardio to promote muscular strength and endurance as well as increase aerobic capacity. Each workout includes varied strength training intervals using hand weights, body weights, body bars, and/or exercise balls along with cardio drills to boost your metabolism. Transform your body while having fun!

Location: Lafayette Dance Studio
Sec. 1 Tuesday 6:30-7:25 pm SI, SII
Sec. 2 Thursday 6:30-7:25 pm SI, SII

Minimum Enrollment: 10
Maximum Enrollment: 25

Weight Lifting 101 $30.00
Class emphasizes on basic resistance strength training with proper technique of free weights, Olympic weights and universal machine use. Athletic Attire required.

Location: Lafayette Turf Area
Sec. 1 Tuesday 5:30-6:25 pm SI, SII
Sec. 2 Thursday 5:30-6:25 pm SI, SII

Minimum Enrollment: 6
Maximum Enrollment: 10

Weight Training for Women $30.00
This class approaches weight training from an aesthetic point of view. Learn to improve your physique. Contours, form, and posture are emphasized.

Location: Lafayette Turf Area
Sec. 1 Monday 5:30-6:25 pm SI, SII
Sec. 2 Wednesday 5:30-6:25 pm SI, SII

Minimum Enrollment: 6
Maximum Enrollment: 10

Zumba $25.00
An Aerobic dance based class that combines interval training resistance training and cardio with Latin Dance steps and Latin Music.

Location: Lafayette Dance Studio
Sec. 1 Monday 5:30-6:25 pm SI, SII
Sec. 2 Wednesday 5:30-6:25 pm SI, SII

Minimum Enrollment: 10
Maximum Enrollment: 25

Personal Training

Sculpt Express
Private instruction in personally designed strength exercises and aerobic training zone techniques to achieve leaner muscle mass for a more sculpted appearance. Students have the option to be weighed and measured for a body composition assessment by our professional staff. Your personal program tracked over five weeks is designed and updated as you progress. Sessions are scheduled at mutually convenient times.

Fees:
- $165.00 for three 30-minute sessions
- $330.00 for six 30-minute sessions
- $495.00 for nine 30-minute sessions

102 VIP
Very intense personal instruction for those individuals who need special attention to have their fitness level privately assessed and workouts closely supervised. Our expert staff members help you to define your fitness goals and design a balanced program to achieve your fitness goals safely and effectively. This is not a program for injury rehabilitation. Sessions are scheduled at mutually convenient times.

Fees:
- $110.00 for two 30-minute sessions
- $220.00 for four 30-minute sessions
- $330.00 for six 30-minute sessions
Seniors

**Strength Training for Seniors**  $30.00

Improve your muscular strength, bone density, and stamina through progressive resistance training using weight machines, free weights, and other forms of resistance that can be incorporated into home-based exercise routines. Enjoy the benefits of greater muscular flexibility, stronger joints, improved posture, better coordination, and, most of all, improved vitality.

**Location:** Lafayette Dance Studio

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<th>Sec.</th>
<th>Day</th>
<th>Time</th>
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<td>2</td>
<td>Thursday</td>
<td>11:30-12:25 pm</td>
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Minimum Enrollment: 5
Maximum Enrollment: 25