

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	Cardio & Strength	Cycling Class	Cardio & Strength	Cycling Class	Cardio & Strength	
8:00 AM	Senior Conditioning		Senior Conditioning		Senior Conditioning	Cycling Class
9:00 AM	Step Xpress Cardio & Strength Aquacise	Mommy & Me	Aquacise	Mommy & Me	Aquacise Cardio & Strength	
10:00 AM	Yoga		Yoga		Yoga	
5:30 PM	Power Sculpt Aquacise TKO	Aquacise	Power Sculpt Aquacise TKO	Aquacise		
6:00 PM		Cycling Class Yoga	Cycling Class	Cycling Class Yoga		
7:00 PM	Strong	Zumba	Strong	Zumba	 CLUB 1 FITNESS <i>Your First Choice in Lifetime Health</i>	

Group Fitness Studio

Cardio & Strength Zumba
 Senior Conditioning Strong Class
 Power Sculpt Step Xpress
 Mommy & Me

Mind & Body Studio

Yoga
Cycling Studio
 Cycling Class

Pool

Aquacise
Court #1
 TKO

Gym Hours

M-TH - 5 a.m. to 8 p.m.
 Fri - 5 a.m. to 8 p.m.
 Sat - 8 a.m. to 5 p.m.
 Sun- 1 p.m. to 5 p.m.

Kids Zone Hours

M-Th - 8 a.m. to noon
 & 4 p.m. to 8 p.m.
 Friday - 8 a.m. to noon
 Weekends - Closed

GROUP

FITNESS

Cardio & Strength

Challenge yourself with this athletic based cardio/strength training circuit workout. Bring the right attitude and anything is possible.

Senior Conditioning

Improve balance, strengthen, tone along with a little cardio-all in 30 minutes. Exercises that are easily adaptable based on your physical ability.

TKO

An hour long training course that will consist of everything from interval training to boxing and weightlifting. Shed stress and pounds!

Yoga

Total body workout that stretches, tones, and increases flexibility. Enjoy feeling energized and relaxed at the same time, while strengthening your entire body.

Aquacise

The water provides an atmosphere of safe resistance for aerobic conditioning. This class is perfect for fit, pregnant, and/ or joint sensitive individuals. Stay cool while you burn calories. Intensity workout incorporating high elements from several sports and types of exercise. We will keep you guessing!

Cycling Class

Infuse cycling with the principals of high-intensity interval training. Sweat, bounce, and groove to the music and get the most out of your workout.

Step Xpress

Join us to get your heart moving, your smile beaming, and your booty lookin' good! Variety keeps this class from getting boring!

Power Sculpt

Work all major muscle groups including abdominals, using the stability ball, bands, hand weights and body bars. Get a sleeker more toned body.

Strong

A High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout.

You use your own body weight as resistance to achieve muscle definition. You'll burn calories while toning arms, legs, abs and glutes!

Zumba

Mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Latin and World rhythms make this entergetic class seem like exercise in disguise.

Mommy & Me

This interactive and engaging workout class is designed for moms and their little ones to bond while staying active! The class combines light cardio, strength training, and playful exercises that incorporate your child—whether they're in a carrier, stroller, or exploring nearby. Moms will enjoy a full-body workout focusing on core strength, flexibility, and posture, while little ones join in the fun with songs, movement, and playtime.



www.club1fitness.net
Like our page on Facebook!

Gym Hours

Mon-Fri - 5 a.m. to 8 p.m.
Sat - 8 a.m. to 5 p.m.
Sun - 1 p.m. to 5 p.m.