

CLASS DESCRIPTIONS:

Family Fun! This class will include relays, obstacle courses and tag games that require families to work cooperatively and actively. Every class will include a yoga and stretch portion at the end of class.

Family Fit Hit List! This family friendly workout will utilize a variety of exercises and equipment. We will include some of the industry's top ten exercises. Increase your fitness level with the entire family!

Families Compete! This class will bring families closer together through competition. Obstacle courses, cooperative challenges, relays and dodge ball are just a few of the games we will play to bring out the winners in all of us!

Family Cycle Circuit! Families will enjoy a fun cycling workout, mixed with short bursts of strength training off the bike. Please call ahead to reserve your bike (897-3716). Children 8 and older who are tall enough to fit on the bike are welcome to attend with their families.

| Club | Day | Time | Name of Class/Description* | Instructor | Personal Trainer |
|-------------|------------|-------------|-----------------------------------|-------------------|-------------------------|
| MSW | Saturday | 2-3pm | Family Fun! | Tara Sanford | TBD |
| DNSW | Wednesday | 4:30-5:30pm | Family Hit List! | Sharon Luten | Jane Burbank |
| HSW | Thursday | 5:45-6:45pm | Families Compete! | Lisa Slenes | John White |
| RSW | Friday | 8-9am | Family Cycle Circuit! | Cathy Martinez | Philip Johnstad |