ACHIEVE

Gain momentum in your fitness goals

- AFT
- Aqua Core plus More
- Basic Training
- Boot Camp
- Boot Camp for Seniors
- EPIC (Extreme Peak Interval Training)
- Fancy Foot Work (agility)
- TRX Kettle Bell, TRX Sculpt/Burn, TRX Sculpt, TRX Strong/Centered

Class Frequency Options

4 classes/week  
M $92 /NM $184 per month  
3 classes/week  
M $75/NM $184 per month  
2 classes/week  
M $56/NM $100 per month  
1 class/week  
M $35/NM $64 per month

Best ACHIEVE deal!

4 days a week is only $5.75 per class! (For members)

IGNITE

Fuel a new passion for a sport or fitness event

- Masters Swim
- Pickleball

Class Frequency Options

4 classes/week  
M $44 /NM $80 per month  
3 classes/week  
M $36/NM $66 per month  
2 classes/week  
M $30/NM $59 per month  
1 class/week  
M $18/NM $34 per month

Best IGNITE deal!

4 days a week is only $2.75 per class! (For members)

HEAL

Experience progress after injury, disease management, special populations, community-based class atmosphere

- Aqua Arthritis
- Fluid Motion H2O
- Functional Exercise for Movement Disorders
- Yoga for Arthritis & Degenerative Joints

Class Frequency Options

4 classes/week  
M $56 /NM $120 per month  
3 classes/week  
M $46/NM $96 per month  
2 classes/week  
M $35/NM $67 per month  
1 class/week  
M $25/NM $45 per month

Best HEAL deal!

4 days a week is only $3.50 per class! (For members)