

# Yoga

Increase your strength, core, balance, relaxation, flexibility, and mind-body connection. This non-impact class gives you a balanced workout and leaves you with more energy and less stress. Great for all fitness levels. Try a single class for only \$8.

M/W 11-11:55am	\$54
<b>78135</b> 5/10-6/2	<b>78136</b> 6/7-6/30
<b>78137</b> 7/5-7/28	<b>78138</b> 8/2-8/25
M/W 7:15-8:15pm	\$48
<b>78139</b> 5/10-6/2 (no class 5/31)	
M/W 7:15-8:15pm	\$54
<b>78140</b> 6/7-6/30	<b>78141</b> 7/5-7/28
<b>78142</b> 8/2-8/25	
M/F 5:35-6:30am	\$48
<b>78143</b> 5/10-6/4 (no class 5/31)	
M/F 5:35-6:30am	\$54
<b>78144</b> 6/7-7/2	<b>78145</b> 7/5-7/30
<b>78146</b> 8/2-8/27	



# T'ai Chi

Learn the series of synchronized movements and develop your skills, balance and postures. T'ai Chi is considered "moving meditation" that exercises the body, mind and spirit. Achieve a harmonious flow of energy throughout the body. Aerobic/Dance Studio. 8 wks. Try a single class for only \$7.



F 12:15-1:15pm	\$50
<b>78133</b> 5/14-7/2	
<b>78134</b> 7/9-8/27	

# Yoga Reach

Find out how to stretch each muscle group safely and effectively for increased flexibility and mobility. Modifications are offered. Finish your week feeling balanced, relaxed, and less tense. 4wks. Try a single class for only \$8.

**F 11-11:55am \$27**

<b>78148</b> 5/14-6/4	<b>78149</b> 6/11-7/2
<b>78150</b> 7/9-7/30	<b>78151</b> 8/6-8/27

# Strong & lean

This class is group personal training at its best! Create strong and lean muscles through this unique blend of non-impact exercises and stretches. Great for all fitness levels. 4wks. Try a single class for only \$7.

**M/W/F 10:15-10:55am \$62**

<b>78129</b> 5/10-6/4	<b>78130</b> 6/7-7/2
<b>78131</b> 7/5-7/30	<b>78132</b> 8/2-8/27

# Pil-Yoga

This mind/body workout is a combination of Pilates and Yoga which will relax your mind and enhance your overall body strength and flexibility. All ability levels welcome. Aerobic/Dance Studio. 4 wks. Try a single class for only \$8.

**T/Th 7:15-8:15pm \$54**

<b>78125</b> 5/11-6/3	<b>78126</b> 6/8-7/1
<b>78127</b> 7/6-7/29	<b>78128</b> 8/3-8/26

# BIGGEST FAMILY CHALLENGE AT FIRSTENBURG

Ages 8+. Similar to the popular TV show, this program will pair you and your family up with one of our certified personal trainers to guide you to success! Compete to win a one month family pass to Firstenberg by having the highest percentage improvement on the Presidential Fitness Test. All families will receive weekly nutrition classes with nutritionist Joy Lassiter, Ph.D., weekly workouts with a certified personal

trainer, and T-shirts! Additional workouts or training sessions are up to you (FCC pass is not included in the price), but the more your family moves, the more likely your family will win! 8 wks. \$285 per family for all 8 wks.; A family consists of no more than four people.  
**77846** 7/12-8/31 Sharon's Team: Nutrition M 6-7pm and Exercise T 6-7pm  
**77847** 7/12-8/30 Holly's Team: Exercise M 6-7pm and Nutrition M 7-8pm

## ZUMBA®

This class fuses hypnotic Latin rhythms with easy-to-follow dance moves. Achieve long term benefits while experiencing calorie-burning, heart-thumping, muscle-pumping, and body-energizing movements! Aerobic/Dance Studio. 4 wks. Try a single class for only \$7.

T/Th 11:10am-12:05pm \$42  
**78152** 5/11-6/3      **78153** 6/8-7/1  
**78154** 7/6-7/29      **78155** 8/3-8/26



M/W 3:30-4:25pm \$42  
**78156** 5/10-6/2  
**78157** 6/7-6/30  
**78158** 7/5-7/28  
**78159** 8/2-8/25

## P.T. Boot Camp

Get fit with this boot camp-style workout. You'll do weight training and cardio drills while you have fun and get toned! Aerobic/Dance Studio. 4 wks. Try a single class for only \$7.

T/Th 5:35-6:30am \$48  
**77572** 5/11-6/3      **77573** 6/8-7/1  
**77574** 7/6-7/29      **77575** 8/3-8/26

## Outdoor Boot Camp

Get back to the basics with old-fashioned calisthenics, squats, lunges and cardio drills in the park! Rainy days will include a circuit training workout inside the fitness center. Meet at the main playground at Haagen Park. Bring a water bottle. 4 wks. Try a single class once for only \$8.

M/W 7-8pm \$48  
**77576** 6/7-6/30      **77577** 7/5-7/28      **78666** 8/2-8/25

## Trail Mix Boot Camp

Ages 10+. Trail Mix Boot Camp is a total body fitness program that takes place at different parks and trails in Clark County. Accommodations will be made for all fitness levels. Boot Camp training focuses on getting the results you want. Our certified fitness instructor will help you reshape your body this summer! A list of parks you'll be meeting at will be listed on your receipt when you register. 4 wks. Try a single class for only \$8.

W 10-11am \$24  
**77578** 5/12-6/2      **77579** 6/9-6/30  
**77580** 7/7-7/28      **77581** 8/4-8/25

## ZUMBA® LITE

A lighter version of our regular ZUMBA® class. Aerobic/Dance Studio. 4 wks. Try a single class for only \$6.

F 3:30-4:25pm \$38  
**78160** 5/14-6/4      **78161** 6/11-7/2  
**78162** 7/9-7/30      **78163** 8/6-8/27