

<p align="center"><u>WOW</u> (Women on Weights) This is a designated <u>WOMEN'S ONLY</u> time of all fitness levels.</p>	<p>If you do not fit in to one of these demographic descriptions, you are to be using our main weight room center only.</p>	<p align="center"><u>AOA</u> (Active Older Adults) This is a designated <u>55+ years of age</u> time, for both Men & Women of all fitness levels.</p>
<p align="center"><u>READY TO BE FIT</u> For <u>NEW EXERCISERS</u> with a new membership of only 6 months or less. Open to Men and Women.</p>	<p>These demographics have specific workout time slots reserved in the center. Please check front of schedule.</p>	<p align="center"><u>FAMILY TIME</u> For FAMILY MEMBERSHIP members. Children ages 7+ are permitted in the center. Parents MUST be in the center with their children at all times.</p>

CIRCUIT CLASS DESCRIPTIONS:

****Circuit Classes require a # to be picked up for evening classes at the Welcome Center. Men and Women can attend these classes.** Classes use weight machines, cardio equipment and various props. Back to back days of classes are not recommended for your safety and recovery needs.

<p align="center"><u>Total Body + Core</u> This class incorporates exercises that work your entire body, including cardio. Focus on additional core strength is included.</p>	<p align="center"><u>Total Body + Balance</u> Work your entire body, including cardio work. Focus on additional balance training is included.</p>	<p align="center"><u>Total Body</u> Your entire body is worked utilizing machines and outside stations, cardio work included.</p>
<p align="center"><u>Buns, Thighs, Abs</u> This class will NOT incorporate any upper body work. Focusing on lower body muscle groups.</p>	<p align="center"><u>Total Body + Heavy Cardio</u> Your entire body will be strengthened, with a special emphasis on cardiovascular work.</p>	<p align="center"><u>Tri-Sets + Heavy Cardio</u> You'll perform 2-3 exercises per muscles group, with little to no rest. Emphasis on cardiovascular work is included.</p>