

## **CFC Aerobics Passport for All Fitness Classes**

<b>10 classes:</b>	<b>Member: \$20.00</b>	<b>Non-member: \$40.00</b>
<b>20 classes:</b>	<b>Member: \$35.00</b>	<b>Non-member: \$70.00</b>
<b>30 classes:</b>	<b>Member: \$45.00</b>	<b>Non-member: \$90.00</b>

The aerobics passport is transferable between all Water and Floor Fitness classes. This is a great way to take all the aerobics classes the you want - when you want! What is even better is that your passport does NOT expire! You do not have to sign-up for the classes - just come at the designated time and present your passport at the front desk. Keep track of your passport - if you lose it, you must purchase another one. See you in class!

### **H2O AEROBICS (Year-Round)**

Get ready for a splash! Burn calories and experience the benefits of using the water as resistance. Fun workouts with less stress to your joints. When performed at a slower pace it is great for reconditioned, arthritic and fibromyalgia participants.

A great way to spend your morning or evening!

### **PUMP IT (October - March)**

Are you ready to change the shape of your body? This class is for YOU! Tone your muscles by challenging every major muscle group with hand weights of various sizes. This strength training class is full of motivating music, easy-to-learn exercises and lots of fun!

### **Torch or Cardio Blast (October - March)**

A combination of cardio and strength training. Challenge your body by working through stations using hand weights, stability balls, exercise tubes and steps.

### **PILATES (Year-Round as scheduled)**

Strengthen your powerhouse by targeting your abdominals, obliques and gluteals with body awareness exercises that promote longer and leaner bodies.

You've read about it in magazines - now experience it yourself!

### **YOGA (November - February)**

A refreshing class that increases body awareness and the importance of breath through stretching, salutations (flow of yoga poses) and a complete body relaxation at the end.

Beginners welcome!

### **NIFTY OVER FIFTY**

A total body workout starting with low impact aerobics working the heart and lungs; followed by muscle strengthening and balance exercises using hand weights, rubber tubing, body balls; and ending the class by stretching the muscles.

Classes are \$1.00 per class.