

# Adult Fitness Classes

Fall Fitness Session September 7 - December 17  
 No Classes September 6, November 11 & 24 -26

**Aquacize** - Tuesday & Thursday 6-7 pm.  
 A full-body workout using the resistance of water. Appropriate for all levels.

**Cardio Express** - Monday & Wednesday 6:30-7 pm  
 A FUN 30-minute aerobic workout!

**Cardio Strength** - Monday, Wednesday & Friday 6-6:45 am and  
 Tuesday & Thursday 7-7:45 pm.  
 Utilize a variety of cardio and fitness equipment for a full body workout.

**Fitness Fusion** - Monday & Wednesday 5:30-6:15 pm.  
 A workout incorporating flexibility, strength and endurance. For all levels.

**Forever Fit** - Monday, Wednesday & Friday 9-9:45 am.  
 Enhance your quality of life by maintaining strength, balance and flexibility.

**Lunch Crunch** - Monday, Wednesday & Friday 12-12:45 pm.  
 Gain strength, endurance, burn fat and boost your metabolism before lunch.

**Open Work Out** - Tuesday and Thursday 8-9:30 am  
 Utilize cardio and strength training equipment at your own pace. \$1 fee.

**Yoga** - Tuesday & Thursday 10:45-11:45 am and 5:30-6:30 pm.  
 Release tension and stress while gaining strength, balance, and flexibility.  
 Appropriate for all levels.



## Personal Training

Customize your workout to achieve your fitness goals. Personal Training is now offered by a certified Personal Trainer. Please call the Eaton Activity Center at 454-1070 to set your appointment.

Individual Personal Training Fees: \$25 per session or \$120 for 5 sessions.  
 Group Personal Training Fees: \$18 per person per session.



## Adult Fitness Information

All classes meet at Eaton Activity Center, 224 First St., except Aquacize meets at Eaton High School Pool. No registration required. Class participants must be at least 14 years old.

Schedule is subject to change. Updates are available at the Eaton Recreation Dept. or at [www.eatonco.org](http://www.eatonco.org).

## Drop-In Fees

Open Work Out \$1  
 All Fitness Classes \$3

## Punch Card Fees

18+, \$40 for 15 classes  
 Senior/Student, \$30 for 15 classes  
 Seniors must be 60+;  
 students must show school I.D.

Available at Eaton Activity Center, and expire 6 months from date of purchase.

Monday	Tuesday	Wednesday	Thursday	Friday
Cardio Strength 6-6:45 am		Cardio Strength 6-6:45 am		Cardio Strength 6-6:45 am
Forever Fit 9-9:45 am	Open Workout 8-9:30 am	Forever Fit 9-9:45 am	Open Workout 8-9:30 am	Forever Fit 9-9:45 am
	Yoga 10:45-11:45 am		Yoga 10:45-11:45 am	
Lunch Crunch 12-12:45 pm		Lunch Crunch 12-12:45 pm		Lunch Crunch 12-12:45 pm
Fitness Fusion 5:30-6:15 pm	Yoga 5:30-6:30 pm	Fitness Fusion 5:30-6:15 pm	Yoga 5:30-6:30 pm	
Cardio Express 6:30-7 pm	Aquacize 6-7 pm	Cardio Express 6:30-7 pm	Aquacize 6-7 pm	
	Cardio Strength 7-7:45 pm		Cardio Strength 7-7:45 pm	