

# EATON REC SUMMER 2013

## ADULT FITNESS INFORMATION

### Summer Fitness Session June 3 – August 30

- No Fitness Classes Thursday, July 4

All Fitness Classes are held at the Eaton Activity Center, 224 First St. Aquacize is held at the Eaton High School Indoor Pool. Fitness Classes are taught by Certified Fitness Instructors. Schedule is subject to change. No registration required. No children during Fitness Classes. Fitness Class Participants must be a High School Student or older (with valid Student ID). Fitness Class payment requires a drop-in fee or purchase of a punch card. Punch Cards are available for purchase at the Eaton Activity Center.

### Drop-In Fees

Fitness Class	\$5
Open Workout	\$1

### Punch Card Fees

Punch Cards are valid for 20 classes and expire within 6 months of purchase.

**Adult (18 years and older):** \$60

**Senior/Student (60 years and older or valid Student ID):** \$50

## ADULT FITNESS CLASSES

### Aquacize: Tu & Th 5:30pm – 6:30pm

*A full body workout using the resistance of water.*

**Fitness Level:** Beginner/Intermediate/Advanced

### Body Sculpting: M & W 5:30pm – 6:15pm

*A workout incorporating flexibility, strength and endurance using a variety of fitness equipment.*

**Fitness Level:** Beginner/Intermediate/Advanced

### Cardio Strength: M, W & F 6:00am – 6:45am and Tu & Th 7:00pm – 7:45pm

*A fast paced cardio and strength training workout utilizing a variety of fitness equipment.*

**Fitness Level:** Intermediate/Advanced

### Forever Fit: M, W & F 8:45am – 9:30am

*A Senior workout to help maintain strength, balance and flexibility.*

**Fitness Level:** Beginner/Intermediate/Advanced

### HIIT: M, W & F 5:30am – 6:00am

*A fast paced cardio workout focusing on high-intensity interval training. The benefits of HIIT include improved athletic capacity, metabolism and fat burning.*

**Fitness Level:** Intermediate/Advanced

### Sunrise Yoga: Th 6:00am – 6:45am

*Start the day by restoring the body and refreshing the mind. Yoga poses are combined with breathing in a gentle flow.*

**Fitness Level:** Beginners/Intermediate

### Yoga: Tu & Th 10:45am – 11:45am & 5:30pm – 6:30pm

*Release tension and stress while gaining strength, balance and flexibility.*

**Fitness Level:** Beginner/Intermediate/Advanced

### Zumba®: M & W 7:00pm – 8:00pm

*A cardio and body sculpting workout incorporating calorie burning dance steps with high energy music.*

**Fitness Level:** Beginner/Intermediate/Advanced

### Zumba® Toning: F 12:00pm - 12:45pm

*A cardio workout incorporating light-weight toning sticks, high energy music, and calorie burning dance moves.*

**Fitness Level:** Beginner/Intermediate/Advanced

### Open

### Workout: M, W & F 7:00am – 8:30am

Tu & Th 8:00am – 9:00am

*Use the cardio and fitness equipment at your own pace.*

**Fee:** \$1 per drop-in

## ADULT FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HIIT 5:30 - 6:00am		HIIT 5:30 - 6:00am		HIIT 5:30 - 6:00am
Cardio Strength 6:00 – 6:45am		Cardio Strength 6:00 – 6:45am	Sunrise Yoga 6:00 – 6:45am	Cardio Strength 6:00 – 6:45am
Open Workout 7:00 – 8:30am	Open Workout 8:00 – 9:00am	Open Workout 7:00 – 8:30am	Open Workout 8:00 – 9:00am	Open Workout 7:00 – 8:30am
Forever Fit 8:45 – 9:30am	Yoga 10:45 – 11:45am	Forever Fit 8:45 – 9:30am	Yoga 10:45 – 11:45am	Forever Fit 8:45 – 9:30 am
				Zumba® Toning 12:00pm-12:45pm
Body Sculpting 5:30 – 6:15pm	Yoga 5:30 – 6:30pm	Body Sculpting 5:30 – 6:15pm	Yoga 5:30 – 6:30 pm	
	Aquacize 5:30 – 6:30pm		Aquacize 5:30 – 6:30pm	
Zumba® 7:00- 8:00pm	Cardio Strength 7:00 – 7:45pm	Zumba® 7:00 – 8:00pm	Cardio Strength 7:00 – 7:45pm	