



FitWorks

CLASS SCHEDULE

New Classes Begin Tuesday,
September 5th

New Hours Begin Saturday,
September 9th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00 am		SPIN (SS) Jason Conners		SPIN (SS) Jason Conners		
9:00 - 10:00 am	H.I.I.T (LS) Janelle Conners OVER 60 & FIT (G) CSI Sept 11 - Oct 30	SLOW FLOW YOGA (SS) Jennifer Kuhlmann	H.I.I.T (LS) Janelle Conners OVER 60 & FIT (G) CSI Sept 11 - Oct 30	9:00 - 10:15 YOGA & BREATH (SS) Victoria Roper	H.I.I.T (LS) Janelle Conners OVER 60 & FIT (G) CSI Sept 11 - Oct 30	9:15 - 10:15 YOGA (SS) Tom Downey
10:00 - 11:00 am					SENIOR STRENGTH (MS) Crystal Fuller	
11:00 - 12:00 pm						
12:00 - 1:00 pm	H.I.I.T (LS) Janelle Conners	PILATES (SS) Robyn Marelli	H.I.I.T (LS) Janelle Conners AWARENESS THROUGH MOVEMENT (SS) MegAnn Smith Starts Sept 13	H.I.I.T (LS) Janelle Conners PILATES (SS) Robyn Marelli	H.I.I.T (LS) Janelle Conners	
4:15 - 5:15 pm	BARRE (SS) Cyrstal Fuller				<div style="border: 2px solid orange; padding: 10px;"> <p>Winter 23/24 Schedule \$8/drop-in class</p> <p>COLOR: Large Studio (LS)</p> <p>COLOR: Small Studio (SS)</p> <p>COLOR: Gymnasium (G)</p> <p>COLOR: Main Studio (MS)</p> <p>Monday - Friday 6am - 7pm Saturday & Sunday 9am - 5pm</p> </div>	
5:30 - 6:30 pm	H.I.I.T (LS) Janelle Conners FELDENKRAIS (SS) John Vladimiroff	PILATES (SS) Robyn Marelli Starts Sept 19	H.I.I.T (LS) Janelle Conners YOGA SCULPT (SS) Jennifer Kuhlmann	CIRCUIT STRENGTH (LS) Jennifer Kuhlmann		

FitWorks Classes

CIRCUIT STRENGTH:

Want a full body work out with pain free exercises? This class focuses on whole body strength and cardio exercises to help maintain and increase current health and fitness levels.

FELDENKRAIS:

Engage in precisely structured movements that involve thinking, sensing, and imagining. Each lesson consists of easy movements that gradually evolve to incorporate a greater range of motion and complexity.

AWARENESS THROUGH MOVEMENT™:

Would you like to stand, sit, and move with greater ease? In this floor based class you will be verbally guided through gentle movement sequences which help to clarify and improve everyday movement patterns.

H.I.I.T:

This fast-paced, High Intensity Interval Training combines vigorous bursts of functional movement (like squats and lunges) with short rests or slower paced activity. H.I.I.T. training boosts your metabolism, strengthens your heart and builds muscular fitness.

PILATES:

The Pilates method seeks to develop controlled movement from a strong core. Pilates focuses on developing the deep stabilizing muscles of the torso and strengthening core abdominal and back muscles.

SENIOR STRENGTH:

Senior Strength focuses on reversing muscle loss and boosting metabolism through tailored resistance exercises for individuals 50 and beyond. This program aims to enhance bone density, reduce fat, and foster a more vibrant, active you.

INDOOR PLAYGROUND:

Dive into a world of indoor fun and exploration! Our gymnasium transforms into a lively play haven for families, offering toys, balls, and adventures perfect for those cooler days when outdoor play isn't an option.

SLOW FLOW YOGA:

Slow flow yoga emphasizes holding poses to balance both body and mind, with a focus on breath to strengthen mentally and physically. It's ideal for yoga beginners or those revisiting foundational practices.

YOGA and YOGA & THE BREATH:

Learn to stretch, strengthen, balance and become more flexible through Asana's (postures) and the breath in a gentle manner.

YOGA SCULPT:

Yoga Sculpt merges the mindful flow of traditional yoga with strength training intensity using hand weights. This class offers a balanced approach to flexibility and muscle toning, leaving participants feeling rejuvenated.

BARRE:

Barre class melds ballet-inspired grace with fitness, focusing on flexibility, muscle strengthening, and low-impact joint care. Suitable for all levels, expect improved posture, core strength, endurance, and a harmonious balance.

SPIN:

Feel the electrifying energy as you blend endurance with power-building sequences. Syncing your pulse to the rhythm of the beat, experience exhilarating sprints and formidable climbs. Once you step out of the saddle, the countdown begins, eager for the rush of the next ride.

CSI OVER 60 & FIT:

Welcome to an award-winning program that emphasizes walking as low-impact cardiovascular movement, as well as stretching and resistance training. This program is geared to serve older adults with varying levels of functioning abilities and is sponsored by the College of Southern Idaho.



BASIC	FITNESS MEMBERSHIP PRICING			
	AUTO/monthly	MONTHLY	ANNUAL	
Includes weight machines, cardio equipment, and open gym	ADULT	\$25	\$30	\$234
	SENIOR (62+)	\$20	\$25	\$195
	STUDENT	\$20	\$25	\$100

PLUS	FITNESS MEMBERSHIP PRICING			
	AUTO/monthly	MONTHLY	ANNUAL	
Includes weight machines, cardio equipment, open gym and unlimited fitness classes	ADULT	\$45	\$50	\$390
	SENIOR (62+)	\$35	\$40	\$312
	STUDENT	\$35	\$40	\$100

DAY PASSES	PRICING	
	GYM	CLASS
ADULT	\$5	\$8
SENIOR/STUDENT	\$4	\$8

GYM ETIQUETTE
Equipment: Check availability. Clean and return after use. Bring water, mat, or towel.
Time: Be punctual for classes.
Phone: Limit calls; use headphones.
Space: Respect others' personal space and equipment.
Belongings: Keep personal items organized.
Community: Be welcoming; avoid giving unsolicited advice.