

# FitWorks

## CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00 am						
9:00 - 10:00 am	<b>H.I.I.T (LS)</b> Janelle Conners <b>OVER 60 &amp; FIT (G)</b>	<b>SLOW FLOW YOGA (SS)</b> Jennifer Kuhlmann	<b>H.I.I.T (LS)</b> Janelle Conners <b>OVER 60 &amp; FIT (G)</b>	9:00 - 10:15 <b>YOGA &amp; BREATH (SS)</b> Victoria Roper	<b>H.I.I.T (LS)</b> Janelle Conners <b>OVER 60 &amp; FIT (G)</b>	9:15 - 10:15 <b>YOGA (SS)</b> Tom Downey
10:00 - 11:00 am					10:15 - 11:15 <b>SENIOR STRENGTH (MS)</b> Crystal Fuller	
11:00 - 12:00 pm						
12:00 - 1:00 pm	<b>H.I.I.T (LS)</b> Janelle Conners	<b>PILATES (SS)</b> Robyn Marelli	<b>H.I.I.T (LS)</b> Janelle Conners	<b>H.I.I.T (LS)</b> Janelle Conners <b>PILATES (SS)</b> Robyn Marelli	<b>H.I.I.T (LS)</b> Janelle Conners	
4:15 - 5:15 pm	<b>BARRE (SS)</b> Crystal Fuller					
5:30 - 6:30 pm	<b>H.I.I.T (LS)</b> Janelle Conners <b>FELDENKRAIS (SS)</b> John Vladimiroff	<b>PILATES (SS)</b> Robyn Marelli Starts Sept 19	<b>H.I.I.T (LS)</b> Janelle Conners <b>YOGA SCULPT (SS)</b> Jennifer Kuhlmann	<b>CIRCUIT STRENGTH (LS)</b> Jennifer Kuhlmann		

**Winter 23/24 Schedule**  
\$8/drop-in class

**COLOR: Large Studio (LS)**  
**COLOR: Small Studio (SS)**  
**COLOR: Gymnasium (G)**  
**COLOR: Main Studio (MS)**

Monday - Thursday 6am - 7pm  
Friday 6am - 6pm  
Saturday & Sunday 9am - 4pm

# 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.

## 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	FITWORKS CLASS		
	AUTO/monthly	MONTHLY	ANNUAL
Includes weight machines, cardio equipment, and open gym	ADULT	\$25	\$234
	SENIOR (62+)	\$20	\$195
	STUDENT	\$20	\$100

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

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

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