

# Yuba City Racquet & Health Club

# CLUB VENTURES

NOVEMBER/DECEMBER 2004

## CLUB NOTES BY JUDIE JACOBY



For YCRC Members who do not know me, I ran The Racquet Club for over 25 years and used to write the entire Newsletter every month. In 1999 I decided to pass over the reigns to Pete Bakis but still wrote monthly articles to keep in touch with members. It has been a long time since I've written anything, but I felt the need to reach out and let some old time friends know I'm still around and continue to care very much about our club.

When I see members they often ask me how it is to be retired and I reply that it is everything those retired people keep saying it is and then some. Every day is a gift to do with as you please. You keep wondering how you ever found time to work those 8 to 10 hour days. I highly recommend it, especially when you have our incredible club to fulfill all of your exercise, sports & social requirements.

So now when I come to the club for what I consider an early class or tennis match, I see a few of the old 5 a.m. gang leaving after their very early morning workouts. Roy Lanza, John Marta, Dave Edwards, Bob Jacoby & Mark Kettman still badger each other in the men's locker room, the steam room and the Jacuzzi. My daughter-in-law Kristi talks to everyone at 5 a.m. and keeps me posted on the latest in Racquet Club News as well.

A little later Phil Treanor, Etta Frink & Doris Buell continue to keep up with the Wall Street Journal while Bev Speckert prefers to drink her coffee out in front watching the court one regulars: Dick Fitzgerald, Ed Haegele, Bill Carr & Don Charles with Stan Wilbanks & Ed Stone filling in occasionally. Now these guys were retired way before I was and they never get old. So that tells you how really valuable our club is in aging gracefully, right?

The Wednesday women's tennis group continues to occupy courts three & four with most of the original faces along with a few replacements, but none under age 60 (many in their 70's). And these gals are there no matter the weather! Other tennis groups come and go, but the Wednesday Group will live on way past my playing days, I'm sure.

Inside in the weight room Beth's personal trainers are everywhere. These are the incredibly fit employees who are always standing over members counting their repetitions as they "pump iron" or bend their bodies in ways they never thought they could bend. I keep hearing members request that they attain their "former" bodies in order to attend the upcoming class reunion. It is said that reunions are the number one motivating factor in working out. And it doesn't matter which reunion as Cyndi just attended her 20th while Bob Jacoby attended his 50th. What can I say? Vanity never ceases.

And the staff still looks the same. Pete runs the club like he was born to do so; Jim still runs the best tennis tournaments west of the Mississippi; Vickie continues to smile while she oversees all areas of member satisfaction and cleanliness (and have you seen her new granddaughter?); Brenda keeps kids of all ages safe & happy; Char makes managing the payroll & payables along with all of the member's accounts look effortless; Beckie, along with her sales team, keeps sparking new interest in membership; Torbin helps with rehabilitation of ailing members; Terry keeps the pools sparkling and everything in working order; Ron P. keeps all of the equipment in the weight rooms working; while Jeff tends to the grounds, the courts and anything that breaks and needs fixing. What a team! What a joy to watch such a dedicated staff. Ted Dress likes the YCRC Staff so much that he has the official title of 'Director of Hugging.'

As this year comes to a close I feel blessed to still be a part of this fine club and the incredible people who help to make it such a success. May each of you, the members, experience joy and health and peace in this year and in those to come. As a favorite quote of mine says: "Yesterday is History. Tomorrow is a Mystery. Today is a gift. That's why it's called the 'Present.'"

Happy Holidays... Judie

# DIRECTORY

## General Manager

**Pete Bakis**

Voice Mail #119

*pete@ycrc.com*

## Departments

### Accounting/Member Billing

**Charlotte Hammons**

Voice Mail #120

*char@ycrc.com*

### Kidz Programing

**Brenda Page**

Voice Mail #105

*brenda@ycrc.com*

### Fitness

**Beth McLean**

Voice Mail #207

*beth@ycrc.com*

### Group Exercise/Pilates

**Cyndi Shatswell**

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### Membership / Promotions

**Becky Ray**

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### Member Services

**Vickie Kuiken**

Voice Mail #113

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### Tennis/Activities

**Jim King**

Voice Mail #121

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### Integrated Physical Therapy Services

**Torben Ulrich, P.T., C.O.M.P.T.**

673-0587

### Massage Therapy

**Zahra D Agostini**

Voice Mail #261

## YUBA CITY RACQUET CLUB

825 Jones Road • Yuba City, CA 95991

Phone: 673-6900

## RANCHO CORTEZ

1471 Richland Road • Yuba City, CA 95993

Pay Phone: 673-9988

# DUES INCREASE

Dear Valued Member,

Effective January 1st, 2005, there will be a dues increase. The new monthly rates for your membership type are listed below.

From a swim and tennis club in the early 80's to the full service health and racquet club of today, we have continued to improve and expand our programs and facilities.

We wish to continue our improvements as we focus on expanding and constantly upgrading the facility to remain the premiere multi-sport club in Northern California. Listening to our members, we have already begun to address future needs and improvements including (but no limited to): more parking and locker room expansions. We are very excited and committed to making 2005 as fulfilling as 2004.

Thank you for your continued support and membership.

YCRC Management

Non Prime Time Single	\$54	Full Club Single	\$78
Non Prime Time Couple	\$87	Full Club Couple	\$126
Health Club Single	\$68	Full Club Single w/ children	\$96
Health Club Couple	\$112	Full Club Family	\$143

## YCRC'S ANNUAL THANKSGIVING LUNCHEON

**ALL MEMBERS WELCOME!**

**Date: 11/23/04, Tuesday**

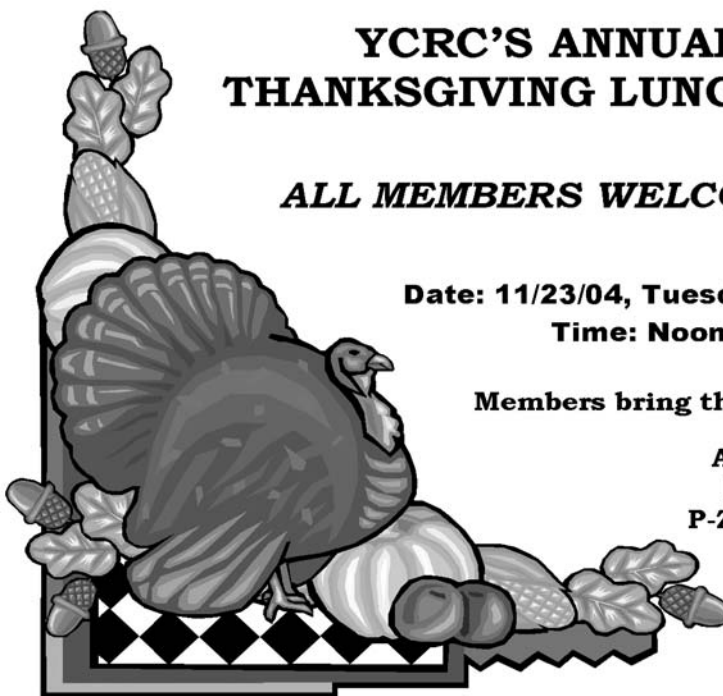
**Time: Noon**

**Members bring the fixins'...**

**A-G: Salads**

**H-O: Sides**

**P-Z: Desserts**



## Thanksgiving Hours

**Wednesday, November 24th - 5am-10pm (regular hours)**

**Thursday, November 25th (Thanksgiving Day) - CLOSED**

**Friday, November 26th - 5am-10pm (regular hours)**

## Kidz Time is not just for YCRC Members!

Do you or someone you know need after school care for your child? Does your child think they are too old for a daycare center? Well Kidz Time has 2 great facilities. Our hours of operation are 6:30am –6:00pm Monday-Friday. We provide transportation to and from schools.

We walk to the park, play basketball, indoor volleyball, kids aerobics, play games inside and out, crafts, make friends, and in the summer months we go on fun field trips and swim.

For more information and prices please call KT I Director Marissa Hodge @ 671-2255 / Evelyn Atondo KT II Director @ 673-6987 ext. 203 or Brenda Page, Administrator at 673-6987 ext.105.

## Are You Eager to Have a party?

Let me give you some great ideas though the weather is starting to change and it may be too cold for an outdoor swimming party we still have a lot to offer. **-Kidz Klub-** hard-wood floor area; kitchen, GREAT GAME ROOM, inside & outside play area and bathrooms. The Main Club - use of the indoor pool on Saturdays from 12:00-2:00 pm. Remember to schedule your parties in advance. Call Brenda @ 673-6987 ext. 105 or Pam @ ext. 206 to reserve your Party today.

## National Night Out Was August 3rd

If your family attended our National Night Out @ Rancho and had pictures taken in the pool with the diver. Please come see us at Kidz Klub to receive your pictures. We still have a few.

## Kids' Annual Christmas Party

Yes it's really that time again. Please plan for your children to come to the Kids' Christmas Party! Make sure it is on your calendar, **Saturday, December 11th from 2:00-5:00pm at the Kidz Klub (747 Jones Rd.)**. As always we are planning an enjoyable time. Songs, crafts, movie, punch & cookies and a visit from Santa! Each child will get to have their picture taken with Santa. Parents may drop off their children ages 4-10years while you go do some shopping! Cost is only \$5.00 per child non-refundable. Sign-ups will begin **November 8th** in the Childcare Dept. Space is limited to the first 50 children. You must be a member. Please pay when you sign up. For your convenience we can apply this fee to your account. For more information please see Tina or Brenda. See you there!

## Saturdays Family Winter Swimming

Our Saturday Family Swim for Full Club members will start up November 6, through March 26<sup>th</sup>, 2005. The indoor pool will be open to all ages from 12:00-2:00pm. This time is set aside for parents to use the indoor pool with their children ages 1-13 years old.

We have a few Reminders for our members:

- Parents must remain in the pool area at all times!
- Please bring your own towel from home!
- You must dry off before entering the locker rooms!
- Children are not allowed in locker rooms without parents!
- Children not potty trained must wear swim diapers!
- No flotation devices!
- **You must have a Full Club Family Membership, (FCSP)!** If you do not have a Full Club Family Membership be sure to stop by the office and upgrade your membership today!

**Our Childcare Fee** is \$3 per hr. per child if you don't have a Full Club Family or Full Club Single Parent Membership and a \$5 guest fee for visitors that you may bring with you.

Childcare Notes (4weeks-6 years old)

- This is the cold and flu season; please do not bring sick children into the childcare.
- Please remember to call in advance for your reservation and to cancel if you cannot keep your appointment.
- When signing your child in and out, Please be sure to fill out all areas of the sign in sheet clearly, **print!**
- PLEASE label your child's belongings so that the staff will know what belongs to whom.
- Childcare Hours are 8am-1:30pm and 3:30-8:30pm, M-F, Sat. 9am-12pm.

Kidz Klub Notes (7-13 years old)

- It is dark earlier. Remind kids to be careful going to & from the club.
- Tis the cold & flu season so remind kids to wash hands often and dress for the weather.
- Please label items brought to the Klub (clothing, games, books, etc.)
- When children are signing in, please have them use the last name that the membership is set up under.
- Since we have snack and soda vending machines remember to send money with your children.
- Any Playstation games brought from home must be **E** rated.
- Reminder: Kidz Klub Hours are 3:30-8:30pm M-F, 9-12 Sat. Parents must be on site (**YCRC**)!

# YCRC TENNIS

## Tennis Lessons

All of our tennis instructors are available for both group and private lessons. Please stop by the Tennis Office and pick up a brochure. Private lessons are priced at \$50 per hour or a special rate of five lessons for \$225. Buddy-up (2 persons) \$35 per person per hour or five lessons \$150 per session. Group lessons (4-8 people) are available in packages of six one-hour sessions at \$85 per person.

## \*\*\*TENNIS NEWS FLASH\*\*\*

### Yuba City USTA Challenger Event

After just two short years the Sunset Moulding-Yuba City Racquet Club Men's Pro Circuit Futures Tournament is one of the best tour stops in the nation. Due to the success of our event we are moving on up!

The United States Tennis Association along with the ATP, the International Men's Professional Tennis Association, has asked the Yuba City Racquet Club to host a \$50,000 Challenger event. The Yuba City Challenger event is scheduled for May 30th-June 5th, with a Qualifying Tournament held May 28th-29th and a Wildcard Tournament May 24th-26th. TENNIS! TENNIS! TENNIS! Expect to see players like Dmiry Turnsunov, currently ranked 69 in the world and many other players with rankings in the top 150 in the world.

This world-class tennis event is a wonderful opportunity for local businesses to showcase and promote their company and to participate in an exciting community event. The Yuba City Racquet Club and our Corporate Partners expect this year to be as successful as past events. Please contact the Tennis Dept. if you are interested in joining our team and would like more information. Individual packages will also be available for this exciting tournament and social events. Watch the newsletter for updates.

### Sutter High School Girls' Tennis Team

Congratulations to Sutter High School Girls' Tennis Team. All League girls Melissa Van den Heuvel, Lianne Decker and Suhkvir Singh lead their team to become the Butte View League Division 2 Section Champions for the second year in a row with an 11-3 record. Van den Heuvel went on to a 3rd Place Medal in the North Section. She plays this Thursday against Paradise's #1 and the winner will advance to State. Decker & Singh were the Runners-up Doubles Champions in the BVL and also earned a 3rd Place Medal in the North Section. Another YCRC member, Christina Van den Heuvel assisted in the Championship season. CONGRATULATIONS!

# New Ball Machine Rental Program

Brush up on your ball hitting skills this fall with this new rental program.

- \$20 a month, 1 hour per day for 1 member
- \$30 per month, 1 hour per day max (family of 2)
- \$40 per month, 1 hour per day max (family up to 4)

This program is set up with convenient automatic monthly billing. For more information on this program, please call 673-6900 x122.

## Fall Junior Tennis

### Fall Junior After School Program with Josh Prager

Begins **November 1 - December 1** (No Class, week of November 22-26)

**Future Stars** (ages 4-7)

**Baseliners** (ages 7-10) M/W 3:40-4:40pm \$80 per month

**All-courtiers** (ages 11-16) M/W 4:40-6:00pm \$100 per month

This program is on our automatic billing program. For more information, please stop by the Tennis Office.



### Junior Tennis Friday Night Pizza League

New sessions of the Junior Tennis Friday Night Pizza League begins Friday, November 5, 12, 19 and December 3. (No tennis Friday, November 26th)

Ages 7-18, 5:30- 7:45 pm; \$80 per month

This ongoing monthly tennis league follows the Team Tennis format with on-court coaching, pizza and awards for participants. This program is on our automatic billing program.

**SPECIAL:** For those juniors participating in the **Junior After School Program**, you may participate in the Junior Tennis Friday Night Pizza League for only \$45 per month, a savings of \$35.

### Yuba City High School Girls' Tennis Team

The Yuba City High School Girls' Tennis Team season has drawn to a successful conclusion. These young women have posted a winning record of 10-4. Congratulations to all!

### Competitive Junior Tennis

The Yuba City Racquet Club would like to recognize our local junior players. Ulrich Capaul recently won the Nevada State Junior Open, placed 3rd at the Reno BLTA Open, and is currently ranked #32 in the United States Tennis Association NorCal division rankings. Seppi Capaul, currently ranked #34 in NorCal, won the Boy's 14's at the Reno BLTA Open. Shannon Cassidy, currently ranked #25 in the Girl's 14 NorCal ratings also won her age division at the Reno Open while madeline Stephens placed 4th in the Girl's 16s in Reno. The Yuba City group of junior competitive players continues to grow and we wish all of them good luck in their efforts.



# YCRC MASTERS SWIM TEAM By Dottie Banta

On October 3, 2004 six of our master swimmers representing the Racquet Club, competed at our 31st Annual Pacific Masters Swim Sprint Pentathlon at the new U.C. Davis Swim Complex. Swimmers compete in five individual events: 50 meters butterfly, backstroke, breaststroke, freestyle, plus 100 meter Individual Medley, which is 25 meters, fly, back, breast and free.

Awards go to the top swimmers in each division, which are five year age increments: placing the best in each and all five events. **Barbara Taylor** was awarded high-point in her division, with four first places and one second place. **Merry Finch** placed second overall in the same age division, with four second places and one first place. **Holly Jenkins** also placed second in her division, with one first place and four second places. **Ingrid Gaston** placed fourth place in her division, with four fourth places and one third place. **Stan Lee** also placed fourth overall in his division, with a second place, third place, fourth place, fifth place and sixth place. **Dottie Banta** placed third in her division, with two second places, two third places and a fifth place.

It was a great day weatherwise, a great meet, and a lot of fun. Anyone interested in joining our masters swim team, please contact Dottie Banta. We have some impressive swimmers but that's not the requirement. All you need is a love for swimming and a desire to improve your swim workouts and technique.

*THE CHRISTMAS HOLIDAY SEASON IS RIGHT AROUND THE CORNER AND THE YUBA CITY RACQUET CLUB TENNIS DEPARTMENT HAS SOME GREAT GIFT IDEAS FOR YOUR HOLIDAY GIFT GIVING.*

### Racquet Tune-Up

Re-grip & Re-string with Lightning Job  
Christmas Special \$30,  
normal price \$35

### Stocking Stuffers for the Tennis Player in your family:

Grip Replacement  
String Replacement  
Monthly Ball Machine Rental

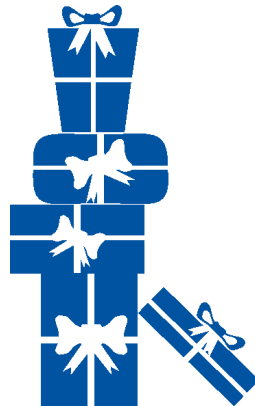
### Christmas Tennis Lessons

Five 1 hour private lessons with Jim King or Josh Prager.  
Our gift to you: January Free Ball Machine Rental  
All this for \$199, a \$245 value



### Ball Machine Rental Program

Use the ball machine on a daily basis.  
\$200 annual charge.  
Pay for 10 months, get 2 months free!!



### New to Tennis Holiday Package

Designed for the beginning player

- Five 1 hour Private Lessons
- New Wilson Tennis Racquet
- Tennis Balls

• Bonus: January Ball Machine Rental at no charge  
All for only \$225  
A \$295 value

## CHRISTMAS BASKETS

During the holidays, YCRC will have special baskets for you to give those you love. What better gift is there than starting the New Year with a gift of good health!! Contact Vickie Kuiken or Beth McLean for more information.

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# NEW YORK OR BUST

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The Yuba City Racquet Club has always held continuing education for its employees high on the list of priorities. This year as a reward for a job well done, YCRC rewarded its Personal Training team with a trip to New York City to attend the coveted IDEA Personal Training International Summit. Attendees came from around the world and from our staff was: Melissa Fast, Jason Lucero, Jennifer Currier, Julie Krueger, Jessie Layer, Cyndie Bock and Beth McLean. This conference supplies the latest in research and technology in the field of exercise science and sports medicine. Some of the topics covered were: physical assessments, training clients with neuromuscular disorders, nutrition & eating disorders, tennis/golf training, spinal instability, post rehab, balance training, sports conditioning and the list goes on and on. We all want you to know that you have access to the best-trained, most knowledgeable team of trainers in the area. Our Personal Trainers are

qualified to train clients ranging from students participating in sports to the senior population. A Personal Trainer can give you guidance and instruction or just spice up your old workout that you have been doing forever. For more information on what a trainer can do for you, please contact Beth McLean, Fitness Director 673-6900 ext. 207.



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## MEET NEW MEMBER AL HERNANDEZ

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Raised in Spain and eventually moving to Providence, Rhode Island, gave Al Hernandez a unique perspective on life. Working at a small Italian restaurant in Rhode Island under the strict hand of an Italian grandmother taught Al to follow his heart and passion—food. A graduate of Johnson & Whales University in Providence, Rhode Island, Al moved to Napa Valley, California to continue his exploration of food. Al has worked alongside famous chefs including Emeril Lagasse, Julia Child and various other TV personalities. He is currently the food editor for *The Vine Times* and also hosts a nationally syndicated food segment. Al has also been seen on the Food Network, Fine Living and NBC. Al will be giving cooking lessons upstairs in the club house. The cost is \$25 per person. It is open to all members and their guests. Space is limited. Please sign up at the front desk.



Al Hernandez with Emeril Lagasse.

**December 1st** - Holiday Seafood Appetizers Looking to dress up your holiday dinner party and running low on time? Al teaches you how to create fabulous seafood appetizers that will delight your guests in a matter of minutes!  
- Crab Cakes, Garlic Shrimp and Sweet Orange Diver Scallops.

# PILATES / GROUP EXERCISE

By Cyndi Shatswell



We are fast approaching that time of year we tend to lose sight of our exercise priorities. This year let's make a commitment to ourselves and our health to do better at staying on track for the holiday season. Here are a few tips to try to help you with the dilemma of "Do I shop, clean and cook or do I go work out?"

1. Schedule your workouts into your day as though it were an important meeting.
2. If you can't spend as much time working out that's OK! Shorter

workouts can be just as effective. It's better to get in some exercise than to do none at all.

3. Try to stick as close to your normal eating habits as possible. Parties will happen and there will be the opportunity to make poor food choices. Remember that is a choice.
4. If you can't get to the club a home workout will do the trick. Get out that old workout tape or go for a walk. Move your body. You will feel better in the long run.

I hope these ideas will help you through this busy time of year. If you feel you need more assistance please contact any of our personal trainers, pilates or group exercise instructors for more help.

**November 26th** - The Extreme Ride. Join Cyndi and Jason the day after Thanksgiving for a one and a half hour ride to rid yourself of those extra calories. Cost is \$10 and you will receive a t-shirt.

If you still haven't tried Pilates now is the time. You can set up a free demo session to try it out. Let us show you what Pilates can do for YOU. We will have some new intro classes starting November 29th. This intro class is four weeks long and will get you ready to enter our regular classes in January. The cost for the intro class is \$125 and it meets twice a week.

**Monday and Wednesday at 12 noon or 6pm**  
**Tuesday and Thursday at 10 am**

I would like to wish you all a happy holiday season and I look forward to helping you with all your fitness needs in the upcoming year!



*Yuba City Racquet & Health Club*

825 JONES ROAD  
YUBA CITY, CALIFORNIA 95991

## CLUB HOURS THE RACQUET CLUB

Monday-Friday  
**5:00am - 10:00pm**  
Saturday-Sunday  
**7:00am-8:00pm**

\*The tennis courts are open until 10:00pm seven days a week.

### Holiday Hours

Thanksgiving - Nov. 25th - Closed  
Christmas Eve - Dec. 24th - 5am-1pm  
Christmas Day - Dec. 25th - Closed  
New Year's Eve - Dec. 31st - 5am-3pm  
New Year's Day - Jan. 1st - 12-6pm

## RANCHO CORTEZ

### Winter Hours

Monday-Sunday  
7:00am-9:00pm

## CLUB CAFÉ HOURS

Monday-Friday  
8:00am-4:00pm  
Closed Saturday & Sunday  
*Snack Bar is always open*

## IPTS HOURS

Monday-Thursday  
7:00am-6:00pm  
Friday 7:00am-4:00pm  
Saturday 9:00am-1:00 pm

PRSR STD  
U.S. Postage  
**PAID**  
Mailed from  
Zip Code 95991  
By BFS Printing,  
Bulk Mail, Etc.  
Permit No. 46

Effective 10/6/04	MON	TUES	WED	THURS	FRI	SAT	SUN
5:15AM		MORNING RIDE	WINTER WEDNESDAY RIDE	INTERVAL RIDE			
8:00AM	LOW IMPACT AEROBICS	BOOST & BURN	GROUP RIDE	CARDIO & YOGA	BOOST & BURN	MAT PILATES	
9:00AM	POWER CYCLE				POWER CYCLE	GROUP RIDE	GROUP RIDE
9:00AM	INTERMEDIATE STEP	MAT PILATES	T.B.C. Step		INTERMEDIATE STEP	T.B.C. Till 10:15	
10:00AM	BUTTS, GUTS & YOGA	ZUMBA	BUTTS, GUTS & YOGA	LOW IMPACT AEROBICS	ABOVE THE BELT		
10:00AM	WAVE AEROBICS	TAI CHI	WAVE AEROBICS	TAI CHI	WAVE AEROBICS		
10:30AM					SENIOR RIDE		
11:00AM	WAVE AEROBICS	H <sup>2</sup> O COMBO	WAVE AEROBICS	H <sup>2</sup> O COMBO	WAVE AEROBICS		
11:00AM		TAI CHI		TAI CHI			
12:00PM	HEART RATE TRAINING		GROUP RIDE				
12:15PM		YOGA		YOGA			
3:00PM	Jr. Stroke Lessons 3:30-5pm	Jr. Stroke Lessons 3-4:30pm	Jr. Stroke Lessons 3:30-5pm	Jr. Stroke Lessons 3-4:30pm	Jr. Stroke Lessons 3:30-5pm		
4:30PM	INTERMEDIATE STEP		INTERMEDIATE STEP				
5:15PM	CRAZY CYCLE	Pedal to the Metal	CRAZY CYCLE	Pedal to the Metal	FRIDAY FUN RIDE		
5:30PM	ZUMBA	POWER STEP INTERVALS	T.B.C.	POWER STEP INTERVALS			
5:30PM	WAVE AEROBICS		WAVE AEROBICS				
6:30PM	POWER CYCLE	GROUP RIDE		INTERVAL RIDE			
6:30PM	MAT PILATES	YOGA		YOGA			
6:30PM	YCRC Jr. SWIM TEAM (2 lanes only)	YCRC Jr. SWIM TEAM (2 lanes only)	YCRC Jr. SWIM TEAM (2 lanes only)	YCRC Jr. SWIM TEAM (2 lanes only)	YCRC Jr. SWIM TEAM (2 lanes only)		
7:00PM							

**LEGEND**

<b>AQUA CLASSES</b>
<b>AEROBIC CLASSES</b>
<b>YOGA CLASSES</b>
<b>CYCLING CLASSES</b>

*CLASS DESCRIPTIONS*

**AQUA CLASSES**

- Adult Master's Swim - Open to all members
- Aquatic Therapy - A pool therapy program for IPTS patients
- Deep Water - Class held in deep end of outdoor pool
- H2O Combo - Combo of wave & kickboxing w/ strengthening
- Junior Stroke - Specialized class for your children to learn proper swim strokes
- Tai Chi - Grace & balance combined in the water
- Wave Aerobics - Water specific aerobic exercise to motivating tunes. Great for beginners
- YCRC Aqua Jr. Swim Team - Two lanes only

**AEROBIC CLASSES**

- Above the Belt - A complete upper body weight training workout
- Boost & Burn - An all inclusive class w/ floor aerobics, steps, weights, etc.
- Cardio Core & Strength - Burn calories, sculpt & tone
- Dance Zone - Dance class with something for everyone
- Everybody's steppin' - Beginner step class that everyone can do
- Intermediate Step - Step bench class at intermediate level
- Low Impact Aerobics - Low impact floor aerobics
- Power Step Intervals - Uses large muscles for powerful moves
- Total Body Conditioning (TBC) - Floor aerobics, step, weights, bands, bars and balls
- Zumba - Latin dance aerobics

**YOGA CLASSES**

- Butts, Guts & Yoga - lower body conditioning followed by 45 minutes of yoga
- Cardio & Yoga - Half hour each, beginning step and yoga
- Yoga - Builds muscle strength and flexibility w/ continous movements
- Yogalates - Combo of yoga poses and Pilates mat work

**CYCLING CLASSES**

- Heart Rate Training - Discover your training zones! Includes drills & relays
- Senior Spin - 20 mins. of fun w/ music of the 20's, 30's and 40's!
- Interval Ride - Includes hill climbing, sprints and jumps
- Super Saturday - Spin class with strength training