

# BAY TENNIS & FITNESS

## Group Fitness Schedule: July (June 29 – July 31)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 am		SPINERVALS (Barb)		SPINERVALS (Barb)		TRX Workout
8:00 am		NEW TIME Core Fusion (MT)		NEW TIME Core Fusion (MT)		
8:30 am	Spinning (Barb)		Spinning (Barb)		Spinning (Barb)	Spinning (Various)
	Cardio Combo (Mary)	Pilates Group Reformer*	TRX Workout	Pilates Group Reformer*	Cardio Combo (Trish)	Fat Burner (Various)
9:00 am			<b>CARDIO TENNIS</b> Great Cardio*		<b>CARDIO TENNIS</b> Great Cardio*	
9:45 am	Definitions (Barb)	Mat Pilates (Lisa)	Havin' A Ball (Barb)	Mat Pilates (Lisa)	Definitions (Barb)	
10:00 am						Classic Yoga ( Jackie )
5:30 pm	Cardio Combo (MT)		Fat Burner (Trish)	Classic Yoga ( Jackie )		

	Members Rates:	Non-Member Rates:	<u>Hours of Operation</u>	
Single Class	\$ 6.50	\$ 10.00	Monday – Thursday	5 am – 9 pm
10 Punch	\$ 65.00	\$ 84.00	Friday	5 am – 8 pm
One Month Unlimited	\$ 78.00	\$ 98.00	Saturday	7 am – 6 pm
Three Month Unlimited	\$178.00	\$209.00	Sunday	7am – 5pm
Yoga 8-Class Punch Card	\$ 76.00	\$ 88.00		
Yoga / TRX Class	\$ 9.50	\$ 12.50		
Cardio Tennis	\$ 10.00	\$ 15.00		
			611 Woodview Dr. Harbor Springs, MI. 49740 231-487-1713	

## **NEW CLASS**

**TRX Workout:** TRX® Suspension Training® harnesses your own bodyweight to create resistance as you train. That's all you need - the TRX and your own body. No additional weights required. Suspension Training builds core strength with every exercise by creating an element of instability that calls on your core to provide balance and coordination. This is a 60 minute class that will work every muscle in your body very efficiently! You have to try this to believe it and feel the results! Limited to 6 so sign up early. \$9.50 member, \$12.50 nonmember.

## **GREAT CARDIO**

**Cardio Tennis** Heart Pumping Fitness! No tennis experience required, it's all about the work out with the Pro! It's a great alternative to spinning or aerobics. High energy workout includes warm-up and cool down. Cardio workout includes hitting balls, footwork, and jamming to the music. Advance Sign up is required and there is a 4 person minimum, so sign up with a friend and have some fun. *\$10 Members & Punch Card Holders \$15 Non-Members*

**Cardio Combo:** One hour class includes 35-45 min. of cardiovascular conditioning with high fat burn results. Variety of energetic low-impact or step, and/or cardio circuits. Body toning and cool-down to finish. You won't be bored! (1 hour class)

**Core Fusion:** A well rounded group program designed to improve core strength, balance and flexibility. Various techniques including Pilates, Yoga and strength. Condition your body's "Powerhouse" with this excellent and balanced workout (45 min. class; Extended Version 70 min.)

**Definitions:** Challenge yourself beyond traditional strength training with this total body functional training class. We'll challenge your muscular strength and endurance as well as balance coordination by moving through all planes of movement with multi-joint and compound exercises (1 hour class)

**Fat Burner:** Just like it says! 45-55 min. of cardiovascular work, plus muscle toning and a cool down stretch. Lots of sweat and a great cardio workout. (75 min. class)

**Havin' A Ball:** Possibly the best single piece of equipment for overall muscular conditioning, use of the Body Ball is the focus of this program. Give this class a try and you will soon find that the Body Ball is not an oversized beach ball. (50 min. class)

**Pilates Group Reformer:** This is a challenging way to workout on the uniquely designed STOTT equipment, which supports your body as you work through full range-of-motion exercises, developing slender muscles rather than bulk. If you are new, please start with the Group Reformer Orientation Class. A private session and/or at least one basic reformer class is a prerequisite. This class is limited to four students per class. (45 Min. class)

*Walk-in Rate \$22      6 Sessions/\$120      12 Sessions \$216*

**Spinervals:** Maximize your spinning experience. This ride brings variety and enhanced results for a total body workout. Segments of cardio, strength, flexibility and balance all in one ride. Saddle Up!!! (1 hour class)

**Spinning:** It's all about the bike Baby! Armstrong, Lemond, Induian and YOU. Jump on and spin those pedals like never before. RIDE AT YOUR OWN PACE! Enjoy the music, camaraderie & spandex. All ability levels can participate in this outstanding cardiovascular workout.

**Yoga Classic:** This class covers 26 of the classic Yoga asanas including balancing poses, backbends, twisting poses, and inversions. This class will emphasis core development, stretching, strengthening, and restoration. This class can accommodate all levels of experience. (1 ½ hr. class)

**Mat Pilates:** Mat Pilates is a progressive core strengthening and conditioning program. Our STOTT PILATES method is the purest form of stretch, balance, agility and control. (1 hour class)