



## **Fitness Program 1**

### Current Classes Offered At the Clubhouse

#### **Monday:**

Tai Chi 9:30am-10:30am

#### **Tuesday:**

Gentle Stretch 9:30am-10:15am

Yoga 10:15am-11:00am

#### **Wednesday:**

Tai Chi 9:30am-10:30am

#### **Thursday:**

Gentle Stretch 9:30am-10:15am

Yoga 10:15am-11:00am

#### **Friday:**

Tai Chi 9:30am-10:30am

Each Program \$29.50 Per Month

Each Class \$5 Daily

**Get Monthly Access to BOTH  
Programs for Only \$50 Per Month!**

## **Fitness Program 2**

### New Classes Beginning Monday September 5<sup>th</sup>

#### **Monday:**

ZUMBA 8-9 am

Weights 9-9:30 am (free weights)

Drum Fitness 5-6 pm

#### **Tuesday:**

Cardio- Dance & Tone 8-9 am

Night Club Zumba 5:30-6:30

#### **Wednesday:**

Drumfit 8-8:45 am

Body Works 8:45-9:30 am

#### **Thursday:**

Zumba 8-9 am



#### **Friday:**

Cardio- Dance & Tone 8-9 am

#### **Saturday:**

Outdoor Activity: 8-9 am

Hikes, Run on trail, Walk/Run,

Bootcamp in the park, etc.

## **This Summer 2016:**

### **Miss Fit Water Aerobics is Back!**

Every Wednesday & Friday 9am-10am  
June 1<sup>st</sup>-August 26<sup>th</sup>

Cost:

\$5 Daily (1 Class)

\$35 Monthly (8 Classes)

\$90 Whole Season (26 Classes)

### **Evening Class Also Available!**

Every Tuesday 5:30-6:30

June 21<sup>st</sup>- July 26<sup>th</sup>

Cost:

\$5 Daily (1 Class)

\$25 Whole Season (6 Classes)

\$20 Add On To Morning Class Season!

**Sign Up at the Clubhouse NOW!**

### **FREE FITNESS CLINIC!**

Saturday August 27<sup>th</sup> 2pm-5pm  
In the Condor Room

Watch or Participate as Our Fitness  
Instructors Show Demos of  
All Offered Classes!

PMCPØA INTRODUCES

FIT  
TO  
LIVE

A COLLABORATION OF  
FITNESS PROGRAMS  
TO PROVIDE A  
HEALTHY AND ACTIVE  
LIFESTYLE