

# Fitness 2019 SPRING BREAK Schedule

MAR 25 - 31



**DROP IN** - Price: \$5.50(ND: \$7.50) or use multi-visit card or Premier, 3-Month, AO/SS/S&F passes

LOC	Activity	MON 3/25	TUE 3/26	WED 3/27	THU 3/28	FRI 3/29	Level
PEAK	No Fitness Classes at Peak MON 3/25 - SUN 3/31 Peak is closed for annual maintenance 3/25 - 3/30						
RIDGE	Fit for Life - strength training & low impact aerobics	8:30-9:20am Karen		8:30-9:20am Karen		8:30-9:20am Karen	2
	Splash Aerobics - improve cardio endurance & strength				8:35-9:30am Kath	8:35-9:30am Judy	2,3
			7:05-8pm Pam	6-7pm Pam	7:05-8pm Pam		
Poolates (therapy pool)-strength & core stability				10-11am Kath		2,3	
LILLEY GULCH	Splash Aerobics - improve cardio endurance & strength	11:35am-12:30pm Judy		11:35am-12:30pm Judy			2,3
FIELD-HOUSE	No Fitness Classes at the Fieldhouse MON 3/25 through SUN 3/31						

## FITNESS INTENSITY LEVEL CHART - Levels & Descriptions

1. Limited range, post-rehab, chronic conditions
2. Beginner, healthy, no restrictions
3. Advanced, healthy, no restrictions

This schedule was published 3/5/19. Changes may occur, please check [www.foothills.org](http://www.foothills.org) for updates