

# ADULT PROGRAMS

## TURBO KICK

**AGES:** 18 and Older  
**WHERE:** Community Center  
**WHEN:** **Session 1:** September 13 to October 25  
**Session 2:** November 1 to December 13  
**Session 1:** September 9 to October 21  
**Session 2:** October 28 to December 16  
**DAYS:** Monday 5:30PM to 6:20PM  
**TIME:** Thursday 9:00AM to 9:50AM  
 7 weeks **(No Class 11/25)**  
**MIN/MAX:** 6/25

| FEES (per session): | Session 1<br>Until Sept. 1 |               | Session 2<br>Until Oct. 29 |               |
|---------------------|----------------------------|---------------|----------------------------|---------------|
|                     | Discount Price             | Regular Price | Discount Price             | Regular Price |
| FC Member           | \$27                       | \$37          | \$27                       | \$37          |
| SH Resident         | \$32                       | \$42          | \$32                       | \$42          |
| Non Resident        | \$37                       | \$47          | \$37                       | \$47          |

### SIGN UP FOR EACH DAY SEPARATELY

What's Turbo Kick? Turbo Kick is the evolution of Kickboxing. The fusion of hip-hop grooves and kickboxing moves make it the hottest cardio class around; Hot music, hot moves and easy to follow combinations fuel this powerful, addictive, and fun workout. It's a party every class. Welcome Certified Instructor Darlene Gannuscio.

## CO-ED BOOT CAMP

**AGES:** 18 and Older  
**WHERE:** Community Center  
**WHEN:** **Session 1:** September 13 to October 20  
**Session 2:** November 1 to December 8  
**Session 1:** September 14 to October 21  
**Session 2:** November 2 to December 14  
**DAY:** Monday & Wednesday or  
 Tuesday & Thursday  
**TIME:** 6:15AM to 7:15AM  
**MIN/MAX:** 8/25 6 weeks **(No Class 11/25)**

| FEES (per session): | Session 1<br>Until Sept. 1 |               | Session 2<br>Until Oct. 29 |               |
|---------------------|----------------------------|---------------|----------------------------|---------------|
|                     | Discount Price             | Regular Price | Discount Price             | Regular Price |
| FC Member           | \$38                       | \$48          | \$38                       | \$48          |
| SH Resident         | \$43                       | \$53          | \$43                       | \$53          |
| Non Resident        | \$48                       | \$58          | \$48                       | \$58          |

### SIGN UP FOR EACH SET SEPARATELY

This class is the real thing based on actual Army Basic Training Techniques. Join Colonel Michael C. Martin, Retired, for this almost non-stop hour-long muscle endurance/body sculpting class. You will use various fitness equipment along with exercises that uses your own body weight. The class is progressive in intensity however; all abilities and fitness levels are encouraged to join. This class is intended to encourage fitness so alternate exercises will be given until you reach "your" ultimate fitness level. No one will feel left out.

**It's Finally Here!**

## ZUMBA® **NEW**

**AGES:** 18 and Older  
**WHERE:** Community Center  
**WHEN:** **Session 1:** September 14 to October 26  
**Session 2:** November 2 to December 14  
**DAY:** Tuesday (7 weeks)  
**TIME:** 8:00PM to 8:50PM  
**MIN/MAX:** 6/25  
**FEE:** \$ 27 FC Member  
 \$ 32 SH Resident  
 \$ 37 Non Resident



Join certified Zumba® instructor Josephine Reed for our newest fitness class. Zumba® is a combination of hypnotic Latin rhythms and east-to-follow moves, creating a one-of-a-kind fitness program. Achieve long-term benefits of calorie burning, body energizing, and awesome movements. The routines feature interval training sessions of fast and slow rhythms and resistance training to tone and sculpt your body while burning fat.

## CARDIO MIX & SCULPT

**AGES:** 18 and Older  
**WHERE:** Community Center  
**WHEN:** **Session 1:** September 9 to October 21  
**Session 2:** October 28 to December 16  
**DAY:** Thursday 7 weeks **(No Class 11/25)**  
**TIME:** 7:00PM to 7:50PM  
**MIN/MAX:** 6/25

| FEES (per session): | Session 1<br>Until Sept. 1 |               | Session 2<br>Until Oct. 29 |               |
|---------------------|----------------------------|---------------|----------------------------|---------------|
|                     | Discount Price             | Regular Price | Discount Price             | Regular Price |
| FC Member           | \$27                       | \$37          | \$27                       | \$37          |
| SH Resident         | \$32                       | \$42          | \$32                       | \$42          |
| Non Resident        | \$37                       | \$47          | \$37                       | \$47          |

Join Instructor Nancy Boomsma as she leads you through interval or circuit training. Exercise alternates between cardio exercises and strength training exercises. Challenge your body and join this class. Please bring a workout towel.