

General Notes: Park Place FIT Pass System, Punchcard and Daily Fee, and Cancellation Policy

- Non-Registration Classes are for ages 14 and older, unless otherwise noted.
- FIT Pass offers unlimited group exercise classes and much quicker access into the class! You just swipe, band and go! The best part, because this is like our membership card with your picture on it, if you misplace it or lose it, we can honor what you have purchased! 10 Punch passes can be used for any, with the exception of Registration classes.
- Any group exercise class may be cancelled or altered due to low attendance. If less than three people attend a class, it may be canceled that day. Any class with an average of five or fewer participants will be flagged/watched for one month and may be cancelled or changed to registration class if the average does not increase.

**Group Fitness
FIT Pass**
*Please see page 14
for Daily, One Month
& Three Month rates.*

Aquatic *Participants do not need to know how to swim.
Aqua shoes are recommended.*



Aqua Belly Busters

Quick 15-minute aqua class, targeting your abdominals.

Aqua Fitness

Improve cardiovascular fitness with the water's resistance. All muscles get a workout and stress on joints is reduced!

Tai Chi Stretch Fusion

While in the soothing aquatic environment, enjoy dynamic flexibility, using traditional Tai Chi and Yoga postures. Challenge your balance and stability.

Water Arthritis Exercise

Working within Arthritis Foundation guidelines, this class addresses range of motion, joint mobility and circulation issues. Whirlpool is available for participants.

Aqua ZUMBA
FITNESS

Combine fitness and dance moves to upbeat Latin music with resistance of the water.

			R/NR Fee
8230-7	Thursday November 3-December 15	8 a.m.	\$35/\$52.50
8210-0	Thursday January 19-February 23	8 a.m.	\$35/\$52.50
8210-1	Thursday March 8-April 12	8 a.m.	\$35/\$52.50

Aqua Arthritis Strength Training

Exercises will target muscle tone and strength in the arms, legs as well as the core muscles. Geared toward seniors, participants use equipment in shallow and deeper water.

Wet n' Wild

Excellent water workouts with additional resistance equipment for a more intense workout. Focus: endurance and strength.

Aqua Boot Camp

Challenge yourself to a bootcamp in the pool! This is not a water aerobics class.

				R/NR Fee
8230-5	Monday November 7-December 12	6:30 a.m.		\$35/\$52.50
8210-2	Monday January 16-February 20	6:30 a.m.		\$35/\$52.50
8210-3	Monday March 5-April 9	6:30 a.m.		\$35/\$52.50

For all Aquatic, Spinning®, Step, and ZUMBA® Classes: ages 12 and older are welcome!

jazzercise®

Music, fresh moves, pure motivation. The world's leading dance fitness program offers a blend of dance and exercise choreographed to today's hottest music, including top 40s, jazz, country, funk, and classic. jazzercise® accommodates all fitness levels and combines a great cardio-vascular workout with resistance training and stretching to increase strength, muscle tone, flexibility and balance with easy to follow movements. Register for class 15 minutes before or after class at the jazzercise® table.



Free class and one month free (for new customer with auto-pay registration) during Open House days January 9-10 and May 7-8! Includes both your jazzercise® Easy Fitness Ticket and joining fee! Valid for new or former customers not previously enrolled. Valid only on day of FREE class.

Monday/Wednesday/Friday	5:15 p.m.	Joining Fee:	\$30
Tuesday/Thursday	8:40 a.m.	Easy Fitness Ticket:	\$37/month (Auto Deduction: Checking/Credit Card)
Sunday	10:45 a.m.	Eight Week Session:	\$94 (Cash/Check)
		Walk-Ins:	\$10

**Questions and
Registration
Call Jeaneen at
(847) 584-1969.
Check out
jazzercise.com**