

**NEW!**



# Wellness Program **Spring 2024**





# Wellness Program Spring 2024

March 11 - June 28

AM

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CIRCUIT TRAINING</b> 8:00 AM ★	<b>BABY &amp; ME TRAINING</b> 10:30AM 👤			<b>CIRCUIT TRAINING</b> 8:00AM ★

PM

<b>KETTLECORE PLUS</b> 5:15PM	<b>STRENGTH EXPRESS</b> 5:15PM ★	<b>YOGA FLOW</b> 5:15PM ★	<b>SUB30 CORE</b> 5:10PM ★	<b>STRETCH &amp; REFRESH</b> 4:30PM ★
<b>INTERVAL RUNNING</b> 6:15PM ★	<b>POWER FLOW</b> 6:00PM	<b>INTERVAL RUNNING</b> 6:15PM ★	<b>ZUMBA</b> 6:00PM ★	
	<b>NO EGO YOGA</b> 7:00PM ★			

Family-Friendly Class 👤  
Beginner-Friendly Class ★

A minimum of 6 participants per class is required.  
All Classes are 45-50 minutes

## GET YOUR PASS TODAY



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# Wellness Program Spring 2024

## PRICING

<b>1 Class</b>	Marina Resident	<b>\$18.00</b>
	Non Resident	<b>\$22.50</b>

<b>10 Class Pass</b>	Marina Resident	<b>\$155.00</b>
	Non Resident	<b>\$193.75</b>

<b>20 Class Pass</b>	Marina Resident	<b>\$290.00</b>
	Non Resident	<b>\$362.50</b>

<b>30 Day Unlimited</b>	Marina Resident	<b>\$145.00</b>
	Non Resident	<b>\$181.25</b>

Packages valid until 06/28/24



# CLASS DESCRIPTIONS



## CIRCUIT TRAINING ★

Harness the power of a full-body circuit for a robust cardiovascular and muscular training session, elevating your strength to new heights. This comprehensive approach not only targets your cardiovascular system, boosting endurance and stamina, but also enhances muscle strength and tone throughout your entire body.

## KETTLECORE PLUS

Embrace the transformative journey of kettlebell conditioning as you tap into your inner strength and agility. Let the rhythmic flow of movements guide you towards a heightened sense of physical and mental well-being. With each swing and lift, you'll feel a surge of empowerment. Embody the grace and power of this dynamic workout, sculpting your muscles and improving your endurance.

## INTERVAL RUNNING ★

Interval training involves alternating between periods of running and recovery periods of slower jogging or walking. This method helps improve your cardiovascular fitness, endurance, and speed. Incorporating interval sessions into your weekly routine can boost your overall performance and help you build the stamina needed to complete a 5K or 10k.

Attending 2x/ week is recommended for best results

## BABY & ME TRAINING

Reconnect with your inner strength with a baby-friendly, full-body workout that enhances core control. Perfect for beginners and caretakers of little ones alike, this class promises a safe and nurturing environment for both you and your tiny companion.



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# CLASS DESCRIPTIONS

## STRENGTH EXPRESS ★

Strength Express class is designed to give you a well-rounded workout in a short amount of time. By incorporating a mix of dumbbells, kettlebells, cardio exercises, body weight movements, and stretching, you can effectively target multiple areas of fitness in just one session.

## SUB30 CORE ★

Whether you're looking to strengthen your abs, obliques, lower back, or overall core, Sub30 Core has got you covered. This dynamic bodyweight program is designed to target every angle of your core, providing a challenging yet rewarding workout experience. With a mix of exercises that focus on stability, strength, and endurance, you'll feel the burn in all the right places. Get ready to sculpt a stronger, more resilient core with Sub30 Core.

## POWER FLOW

Power Flow Yoga is designed to challenge both the body and the mind, combining dynamic movements with breath awareness to build strength, flexibility, and focus. This invigorating practice is perfect for athletes seeking to enhance their performance by increasing their overall agility, balance, and mental resilience. Experienced yogis will appreciate the opportunity to deepen their practice and explore new boundaries in a supportive and empowering environment.

## YOGA FLOW ★

In this invigorating Vinyasa Flow practice, each movement is synced with the rhythm of your breath, creating a seamless flow of energy throughout your body. As you move through each pose, you will feel the power of your breath guiding you, helping you to find a deeper connection with yourself. Allow the warmth generated by the flow to ignite your spirit, awakening a sense of vitality and presence within you.





# CLASS DESCRIPTIONS

## ZUMBA ★

Move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. Embrace the variety of dance styles and tempos to keep your workout exciting and engaging. Let the music guide you as you push yourself to new heights and feel the exhilaration of a full-body workout that leaves you feeling energized and accomplished.



## STRETCH & REFRESH ★

A practical yet soothing class to gently push your physical boundaries by unlocking mobility and flexibility. In this class, you will engage in a series of mindful movements and stretches designed to improve range of motion and enhance flexibility. Through a combination of gentle poses and targeted exercises, you will gradually explore and expand your body's capabilities, allowing for increased mobility and a greater sense of ease in your everyday activities.

## NO EGO YOGA

No Ego Yoga welcomes everyone, from newbies to seasoned yogis, embracing all shapes and sizes. In this class, it's all about feeling at home. You can flow traditionally or zen out with closed eyes to dial up that inner focus and kick competition to the curb. The instructor will guide you through soothing stretches and breath work, reminding you to listen to your body and honor its unique quirks.



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# Wellness Program Spring 2024

WELLNESS MADE AFFORDABLE WITH  
**THE ACTION PASS**



**GET 50%, 75% or 100% OFF WHEN APPROVED WITH:**

- Proof of Residency
- Proof of Identity
- Proof of Eligibility

**APPLY IN PERSON AT CITY HALL  
WITH THE FOLLOWING FORM**

