

## CLASS DESCRIPTIONS

### **BOOT CAMP**

Intervals of cardio drills, resistance training and core exercises

### **INDOOR CYCLING**

A high-energy stationary bike workout that enhances cardiovascular endurance and muscular strength

### **SWEAT CIRCUIT**

Cardio-strength intervals using equipment such as resistance balls, kettle bells, body bars, bands and more

### **POWER YOGA**

A smooth-flowing yoga routine to develop balance, flexibility and strength

## MEMBERSHIP RATES

### SWEAT Fitness Membership

Includes Unlimited Adult Fitness Classes  
Monthly Fee: \$35

### SWEAT Fitness & Play Membership

Unlimited Adult Fitness Classes  
Unlimited free Childcare during classes  
Unlimited Open Play in the playground  
15% OFF all Party Packages, & Kids Camps  
Monthly Fee: \$54

(Membership includes 1 adult and up to 3 children in the household)  
Additional children pay \$10/month extra

One-time Enrollment Fee: \$39

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## DROP-IN RATES

You are welcome to drop-in anytime for a class. Either pay per class or purchase a punch card for more savings.

### Non-Member Class Drop-In

\$10/class

12 class punch card: \$96 (\$8 per class)

### Non-Member Childcare Drop-In

1<sup>st</sup> child is FREE with drop-in class rate.  
Additional children pay the Open Play Admission rate:

837-8383



## OFFERS



Ready. Set. SWEAT.

837-8383

# WINTER FITNESS SCHEDULE

Begins Monday, November 7<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Cycling 8:30am (50 minutes)	Indoor Cycling 8:45am (50 minutes)		Indoor Cycling 8:45am (50 minutes)	Indoor Cycling 8:30am (50 minutes)
Boot Camp 9:30am (60 minutes)	SWEAT Circuit 9:45am (45 minutes)	Boot Camp 9:30am (60 minutes)	Power Yoga 9:45am (45 minutes)	Boot Camp 9:30am (60 minutes)



*Ready. Set. SWEAT.*



**\*\*Bring a mat, towel and water bottle to each class\*\***



Call the day before to reserve a bike for Indoor Cycling.

**\$10 No-Show Fee** for members.

Non-Members must pre-pay for cycling at time of reservation.

All classes are subject to change. Call to confirm class availability.

[www.island-playground.com](http://www.island-playground.com)

**837-8383**



Located in Bridge Center  
inside Island Playground