



Quick Fit Classes Now Available

**30 min classes
Only \$10/person**

Class Schedule

- **Monday**
 - 8:30am** Court Power & Speed (Ct.3) - Vicki
 - 10:00am** Sweat & Power - Travis
 - 10:30am** Sweat & Power - Vicki
 - 11:00am** TRX Suspension Training - Mel
 - 1:00pm** Sweat & Power - Harry
- **Tuesday**
 - 8:30am** Court Power & Speed (Ct.3) - Vicki/Lisa
 - 10:00am** Sweat & Power - Vicki
 - 10:30am** Sweat & Power - Travis
 - 1:00pm** Sweat & Power - Harry
- **Wednesday**
 - 8:30am** Sweat & Power - Vicki
 - 10:00am** Sweat & Power - Lisa
 - 10:30am** Sweat & Power - Vicki
 - 11:00am** Mat Flexibility & Core - Lisa
 - 1:00pm** Sweat & Power - Harry
- **Thursday**
No Classes
- **Friday**
 - 8:30am** Pilates Flexibility & Core - Lisa
 - 8:30am** Sweat & Power - Vicki
 - 10:30am** Sweat & Power - Vicki
 - 11:30am** Mat Flexibility & Core - Lisa
- **Saturday**
 - 10:00am** Sweat & Power - Travis
 - 10:30am** Sweat & Power - Travis



Class Descriptions

- **Court Power and Speed - Improve your game with footwork drills on court, followed by strength and conditioning drills.**
Class Size: max 8 people
Location: Court #3
Instructors: Vicki Jordan and Lisa Pecha
- **Sweat and Power - Want a quick way to burn calories? This class combines cardio and strength training for a full body workout.**
Class Size: max 8 people
Location: Gym
Instructors: Lisa Pecha, Travis Durant, Vicki Jordan, Harry Stewart
- **Pilates Flexibility and Core - Feeling tight from a week of workouts and court time? Come experience dynamic stretching at its best and challenging core workouts on the Pilates Reformer Machines.**
Class Size: max 4 people
Location: Pilates room across from the Ladies Locker room
Instructor: Lisa Pecha
- **Mat Flexibility and Core - Unwind the tightness in your body. Get a great stretch while working on core stability and balance.**
Class Size: max 6 people
Location: Gym
Instructor: Lisa Pecha and Vicki Jordan
- **TRX Suspension Training - Total Body Workout - Use your own body weight and gravity to work every muscle in your body with the help of one simple tool. You're in control of how much you want to challenge yourself on each exercise – because you can simply adjust your body position to add or decrease resistance.**
Class Size: max 5 people
Location: Gym
Instructor: Mel Nwaokai