

GREENVIEW REGIONAL MULTIPLEX

SUMMER 2021 FITNESS PROGRAMS

RISE AND SHINE BOOTCAMP

DATES: Wednesday and Fridays, July 7th – July 30th

TIME: 6:00am–7:00am

AGES: 12 and up

LOCATION: Gym A

PRICE: \$64.00 – Members \$80.00 – Non-Members

Start your day off right by joining us for this early morning bootcamp. With the perfect mix of strength and cardio, these workouts are sure to get your body working for you all day long. All fitness levels are welcome.

SPIN-ERGY

DATES: Mondays, July 5th – July 26th

TIME: 9:00am-9:30am

AGES: 12 and up

LOCATION: Fitness Studio

PRICE: \$32.00-Members \$40.00 – Non-Members

Learn what the spin class rage is all about in the half-hour introduction to spinning. Be prepared to fall in love with the bike and the beat of the music. All fitness levels are welcome.

*BODYWORKS

DATES: Tuesdays and Thursdays, July 6th – July 29th

TIME: 9:00am-10:00am

AGES: 12 and up

LOCATION: Gym A

PRICE: FREE with Membership or Daily Drop-In Rate
Make your body work for you in this exciting class focused on developing functional fitness. Bodyworks brings strength, cardio and core training together for an energetic, full-body workout. This class is great for all levels of fitness as modifications are available. PRE-REGISTRATION IS REQUIRED. Minimum of 8 registrants required for class to run.

STRETCH CLASS

DATES: Fridays, July 9th – July 30th

TIME: 9:00am-10:00am

AGES: 12 and up

LOCATION: Fitness Studio

PRICE: FREE with Membership or Daily Drop-In Rate

Learn full-body stretches and spend the hour relaxing. Stretching as part of your regular training will improve flexibility, function, performance, and it helps to reduce injuries. PRE-REGISTRATION REQUIRED. Minimum of 8 registrants required for class to run.

PEDAL TO THE METAL

DATES: Mondays and Wednesdays, July 5th – July 28th

TIME: 12:15pm–12:45pm

AGES: 12 and up

LOCATION: Fitness Studio

PRICE: \$28.00 – Members \$36.00 – Non-Members

The perfect lunchtime stress buster! Join us for this quick lunchtime spin class. Let the music and sweat let you disconnect from your workday stresses.

YOU SPIN ME RIGHT ROUND – TEEN SPIN

DATES: Fridays, July 9th – July 30th

TIME: 12:15pm-12:45pm

AGES: 13-17

LOCATION: Fitness Studio

PRICE: \$28.00 – Members \$36.00 – Non-Members

Learn to spin in this half-hour introductory spin class. This class is upbeat and energetic. Bring water and a great mood and spin along to the tunes.

BOOTCAMP H2O – YOUTH

DATES: Tuesdays, July 6th – July 27th

TIME: 1:00pm-1:45pm

AGES: 9-12

LOCATION: Lane Pool

PRICE: \$24.00 Members \$28.00 Non-Members

Join us on our Aqua Mats for a workout like you've never seen before. Get a complete body workout every time you step on the mat! You get to Increase your strength, cardio, and cognitive function all while having fun on the water.



GREENVIEW REGIONAL MULTIPLEX

BODY ROCK BOOTCAMP

DATES: Mondays and Wednesdays, July 5th – July 28th

TIME: 5:30pm-6:30pm

AGES: 12 and up

LOCATION: Gym A

PRICE: \$64.00 – Members \$80.00 – Non-Members

This bootcamp is the perfect mix of strength and cardio. These workouts are sure to get your body working for you all day long. All fitness levels are welcome.

REVOLUTION SPIN

DATES: Tuesdays and Thursdays, July 6th – July 29th

TIME: 5:30pm-6:30pm

AGES: 12 and up

LOCATION: Fitness Studio

PRICE: \$64.00 – Members \$80.00 – Non-Members

Revolution Spin is a classic indoor cycling class. Our adjustable-resistance spin bikes place the participants in control, allowing riders to easily pick the level of intensity that they feel most comfortable with.

Revolution Spin focuses on cycling exercises for the intermediate spinner.

