P.M. Playtime

Drop your child off at our P.M. Playtime while you enjoy your activities at the community center.

When: Mondays— Thursdays 5:00 p.m.-8:30 p.m.
Where: Room A at the

Community Center
Who: Children 3-8 years old

Free for members and fit pass holders!

Fit Pass Program Fit Pass is your key to diverse, challenging, and body shaping fun! Join our Fit Pass Program and take each and every one of these classes for the month.

Spin Class

Cost:	\$25.00 per month (Fit Pass class)	*
Schedule:	Mon./Wed.: 7:00-8:00 p.m.	
Instructor:	Department Staff	
Supplies Needed:	None - Equipment is Provided	

Zumba!

One of the fitness world's hottest aerobic classes, Zumba provides a high-energy and easy to follow dance solution to your fitness needs!

Cost:	\$25.00 per month (Fit Pass class)	81.
Schedule:	Tues./Thurs.: 6:00 - 7:00 p.m. Saturday: 9:15 - 10:15 a.m.	
Instructor:	Leah TenEyck	
Supplies Needed:	None - Equipment is Provided	

A.M. Workout Club

Provides a great workout program for people who want to workout in the morning hours.

Cost:	\$25.00 per month (Fit Pass class)	
Schedule:	Mon./Wed./Fri. from 9 a.m 10 a.m.	
Instructor:	Department Staff - Brian TenEyck	
Supplies Needed:	None - Equipment is Provided	

Pilates

A total body conditioning workout that emphasizes proper alignment. Build strength without "bulking up", gain long, lean muscles and flexibility, and develop a strong core with flat abdominals and a strong back.

Cost:	\$25.00 per month (Fit Pass class)	A
Schedule:	Tues.: 6:00-7:00 p.m.	
Instructor:	Melissa Tschacher	
Supplies Needed:	Comfortable clothes, a mat, and a small towel	

Vinyasa Yoga

Develop better muscle tone and flexibility. Build strength, balance and coordination. Attain greater focus, clarity and concentration.

Cost:	\$25.00 per month (Fit Pass class)
Schedule:	Tues./Thurs.: 9:00-10:00 a.m. Thurs.: 7:30-8:30 p.m.
Instructor:	Heather Witkowski/Melissa Tschacher
Supplies Needed:	Yoga Mat

Extreme Training/Boot Camp

This is a challenging class for adults that includes weight training, running and plyometric exercises.

Cost:	\$25.00 per month (Fit Pass class)	
Schedule:	Mon./Wed.: 5:00-6:00 p.m.	
Instructor:	Department Staff	
Supplies Needed:	None - Equipment is Provided	

Also Available:

Personal Fitness Training

Fitness is not just a word, it is a state of mind and way of life. Fitness programs will be tailored to the individual in order for a person to receive the benefits they are looking for.

Cost:	\$30.00 per hour for residents \$40.00 per hour for non-residents
Schedule:	By Appointment Only
Instructor:	Department Staff
Supplies Needed:	Dependent upon type of training
Location:	Fitness Room - Watauga Community Center