




Group Fitness Classes


<u>YOGA WITH DEB</u>	<i>This yoga class provides a wide variety of yoga practices focusing on posture and alignment of the body. It is for beginner to advanced levels and can be modified to fit any level yogi!</i> \$5 · Buhl Location
<u>REFORMER PILATES</u>	<i>Reformer Pilates takes you off the floor and onto a Reformer which uses a rope and pulley system to add more resistance where and when you want it. The resistance system provides a more challenging strength and endurance workout than traditional Mat Classes!</i> \$10 · Buhl Location
<u>REFORMER FUSION</u>	<i>This open level class focuses on core strength and flexibility using balls bands and weights while getting all the benefits of traditional Reformer Pilates packed into a fun, effective workout!</i> \$10 · Buhl Location
<u>INDOOR CYCLE</u>	<i>Come ride with us! Beginner to advanced levels can all get a higher intensity cardio work out! Indoor cycling is a lower impact work out that is a great way to torch calories, build those leg muscles, burn off some stress!</i> \$5 · Buhl & Squaw Location
<u>CYCLE +</u>	<i>This is not your ordinary cycling class! This quick intense class will combine cycling with strength moves and strengthening for the ultimate hybrid workout!</i> \$5 · Buhl Location
<u>ZUMBA</u>	<i>Zumba takes the “work” out of working out by creating a calorie burning dance party! Our instructors are some of the best in the area! Come see why Zumba fitness classes are often called “exercise in disguise!”</i> \$5 · Squaw Location
<u>AQUA ZUMBA</u>	<i>Aqua Zumba keeps the Zumba Fitness workout party going in the pool. This class is for you if you like Zumba, but prefer a low-impact option.</i> \$7 · Resort Location
<u>AQUA AEROBICS</u>	<i>This class takes you off the ground and into the water! Avoid joint pain and strain in this lively water aerobics class designed to challenge your heart and muscles.</i> \$7 · Resort Location
<u>BEGINNERS YOGA</u>	<i>Let’s start from the basics! A lightly heated practice help you began or continue your yoga practice, focusing on fundamental yoga sequences and connecting breath.</i> \$5· Squaw Location
<u>R.I.P.P.E.D</u>	<i>This new class sweeping the nation combines Resistance, Interval, Power, Plyometrics, Endurance, and Core. This class is for all fitness levels, allowing a gym novice and trained athlete to both feel an intense full body workout.</i> \$5· Squaw Location
<u>BOOT CAMP</u>	<i>Join in on a fun and challenging total body workout that combines a variety of calisthenics, cardio and strength exercises. Burn calories, build strength and boost your confidence!</i> \$5 · Squaw and Resort Locations

 **Class prices are listed.**

 **NO DROP IN RATES!**

 **Reservations are required by 8:00 p.m. the evening prior for 7:00 a.m. or earlier classes.**

 **All other classes require reservations 2 hours prior to the class start time. If a class does not have any reservations 2 hours prior to the start time, the class will be canceled. If the class is not canceled, members are welcome to drop in for no additional charge.**

 **You have the option to prepay for classes or be auto-billed to your account after you attend a class. Squaw Creek classes are pre-pay or auto-bill only!**

 **Refunds will not be given for prepaid classes. You may transfer the credit to another class at the same value. Refunds will not be given for missed classes.**

You can reserve class through the Fitness Department at Buhl (724) 704 – 8820. You can also register through any member services department at (330) 856-1900, (330) 539-5008, or (724) 704-8801.