

16 Fitness

Strength Training • Zumba

BONE BUILDERS

ENCP RSVP Bone Builders **FREE**

This program relies upon weight training to protect against fractures caused by osteoporosis by increasing muscular strength and bone density. Doctors note required. 50 and up
[10492](#) Aug 22-Dec 28 Tue,Thu 9:00am-10:00am

GGCC RSVP Bone Builders **FREE**

This program relies upon weight training to protect against fractures caused by osteoporosis by increasing muscular strength and bone density. Doctors note required. 50 and up
[10760](#) Sep 5-Dec 19 Tue,Thu 9:30am-10:30am

NCRP Bone Builders **FREE**

This program relies upon weight training to protect against fractures caused by osteoporosis by increasing muscular strength and bone density. 50 and up
[10911](#) Sep 6-Dec 29 Mon,Wed,Fri 9:30am-10:25am

VTCP RSVP Bone Builders **FREE**

This program relies upon weight training to protect against fractures caused by osteoporosis by increasing muscular strength and bone density. Doctors note required. 50 and up
[10817](#) Nov 1-Dec 27 Mon,Wed,Fri 9:30am-10:30am

YVCP RSVP Bone Builders **FREE**

This program relies upon weight training to protect against fractures caused by osteoporosis by increasing muscular strength and bone density. Doctors note required. 50 and up
[10687](#) Aug 15-Dec 21 Tue,Thu 9:30am-10:30am

CPR / AED

NCRP Adult CPR/AED **\$40**

Safety course with an emphasis on Adult CPR/AED. Learn life saving techniques. Mask included. Miinium 4 and Maximum 8

[11095](#) Jan 11 Thu 1:00pm-3:00pm
[11096](#) Feb 1 Thu 1:00pm-3:00pm
[11097](#) Feb 22 Thu 1:00pm-3:00pm
[11099](#) Apr 19 Thu 1:00pm-3:00pm
[11098](#) Mar 16 Fri 1:00pm-3:00pm

CYCLING

NCRP Spinning **\$7/free with membership**

Cycling exercise classes strengthens heart and lungs while burning calories. Pedal your way to a healthier life.
[11089](#) Aug 1-Dec 30

Mon 9:30am, 4:30pm, 6:00pm; Tue 9:30am, 5:30pm; Wed 9:30am, 4:30pm; Thu 9:30am, 5:30pm, Fri 9:30am; Sat 9:00am



MIND/BODY

ELCP Mat PilatEASE **\$7/free with membership**

Fundamentals of mat pilate based exercise starting at beginner level and beyond. Back to Basics type modifications for the first time participants including multi levels for intermediate. At least 13 but less than 99

[10702](#) Sep 6-Dec 27 Wed 10:30am-11:30am

ELCP Yoga **\$7/free with membership**

Yoga offers consciousness of your body and its capabilities and the satisfaction of challenging yourself physically while increasing energy, mental clarity and concentration. At least 13 but less than 99

[10709](#) Sep 5-Dec 26 Tue,Thu 9:00am-10:00am

ELCP Stand or Sit 2B Fit **\$7/free with membership**

Low impact exercise class designed to improve flexibility and build strength. At least 13 but less than 99

[10707](#) Sep 5-Dec 26 Tue 10:30am-11:30am

ELCP Senior Sit 2B Fit **\$7/free with membership**

Low impact exercise class designed to improve flexibility and build strength. At least 13 but less than 99

[10705](#) Sep 7-Dec 28 Thu 10:30am-11:30am

MHCP Stretch Your Limits **\$7/free with membership**

Enhance your physical fitness and increase mental and physical relaxation while reducing risk of injury to joints, muscles and tendons. At least 13 but less than 100

[10418](#) Sep 5-Dec 28 Tue,Thu 9:00am-10:00am

MHCP Total Body Bar **\$7/free with membership**

Total Body offers a basic routine hitting all of your major muscle groups that will fire up your fat burning, and build lean metabolism-charging muscles. At least 13 but less than 100

[10414](#) Sep 2-Dec 30 Tue,Sat 6:00pm-7:00pm, Sat 8:30am-9:15am

NCRP Mat Pilates **\$7/free with membership**

The combination of Pilates and Yoga will focus on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus.

[11093](#) Aug 7-Dec 18 Mon 10:35am, 6:30pm

NCRP Yoga **\$7/free with membership**

The combination of Pilates and Yoga will focus on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus.

[11092](#) Aug 1-Dec 29 Tue 10:30am, 5:30pm, 6:30pm; Thu 10:30am, 5:30pm, 6:30pm; Fri 10:30am

YVCP Tai Chi / QiGong **\$7**

Tai Chi classes focus on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus. 18 and up

[10930](#) Sep 8-Dec 15 Fri 9:30am-10:30am

VTCP Yogagenics **\$60 / \$12 Walk In**

Explore the ancient arts of yoga, meditation, breathing, and opening the flow of energy. 18 and up

[10815](#) Sep 11-Oct 16 Mon 6:30pm-8:00pm
[10816](#) Oct 23-Nov 27 Mon 6:30pm-8:00pm

STRENGTH TRAINING



ELCP GroupX Strength & Conditioning **\$7/free with membership**

A free standing total body weighted + resistance workout utilizing various hand held equipment for a variety of functional strength exercises. Ending with abdominal- core on the floor. At least 13 but less than 99

[10700](#) Sep 11-Dec 18 Mon 10:30am-11:30am

MHCP Core Resistance **\$7/free with membership**

Using Versa Resistance Bands the exerciser will perform a large variety of exercises using a more fluid range of motion with different resistance bands. This class also incorporates a wide range of core exercises that will strengthen and tighten the core. At least 13 but less than 100

[10416](#) Sep 7-Dec 28 Thu 6:00pm-7:00pm

MHCP Let's Get On The Ball **\$7/free with membership**

Using the Bosu Ballast ball and assorted dumbbells, the exerciser will perform a larger variety of exercises due to the added load & stability of the weighted ball as it rests on the floor. At least 13 but less than 100

[10417](#) Sep 1-Dec 29 Mon,Wed,Fri 9:00am-10:00am

YVCP 5k Prep **\$50**

New to running? or just want to get in shape. Join us in an eight week program that will gradually increase your endurance and ability to complete a 5k. You will receive a designed training plan. At least 16 but less than 99

[10718](#) Oct 10-Dec 7 Tue,Thu 8:00pm-9:00pm

NCRP Heinz 57 **\$7/free with membership**

This class incorporates a variety of exercises for the exercise enthusiast. Weights, bands, abs and balls. We work it all.

[11087](#) Aug 2-Dec 29 Mon 8:30am, 5:30pm; Wed 8:30am, Fri 8:30am



ZUMBA

ELCP Zumba \$7/ free with membership

Join the Party! Dance your way to a more fit you while learning unique latin moves and rhythms in an exciting atmosphere. 13 and up
[10710](#) Sep 6-Dec 27 Wed, Fri 9:00am-10:00am

ENCP Zumba \$7

The Zumba® program fuses Latin dance rhythms with easy to follow dance moves. The result of this fusion is a fun workout that helps to tone and sculpt your body while burning fat. At least 18 but less than 99
[10507](#) Aug 15-Dec 30 Tue, Thu, Sat 9:00am-10:00am
 Tue, Thu 6:30pm-7:30pm

GGCC Zumba Drop In \$7

Join the Party! Dance your way to a more fit you while learning unique Latin moves and rhythms in an exiting atmosphere. 15 and up
[10870](#) Sep 6-Dec 20 Mon, Wed 9:00am-10:00am

5 K PREP

VYCP 5k Prep \$50

New to running? or just want to get in shape. Join us in an eight week program that will gradually increase your endurance and ability to complete a 5k. You will receive a designed training plan. At least 16 but less than 99
[10718](#) Oct 10-Dec 7 Tue, Thu 8:00pm-9:00pm

MHCP Zumba \$7/ free with membership

The Zumba® program fuses Latin dance rhythms with easy to follow dance moves. The result of this fusion is a fun workout that helps to tone and sculpt your body while burning fat. At least 13 but less than 100
[10415](#) Sep 2-Dec 30 Mon, Wed 6:00pm-7:00pm
 Sat 9:30am-10:30am

NCRP Zumba \$7/ free with membership

The Zumba program uses Latin dance rhythms with easy to follow dance moves.

[11090](#) Oct 31-Dec 28 Tue, Thu 10:30am



Extreme Sports

BMX • Skateboards • Inline Skating



GGCC Late Night BMX \$5

Late Night at the BMX track. Music, Games, Food and prizes will be provided. At least 5 but less than 65
[10683](#) Oct 14 Sat 6:00pm-11:00pm

GGCC Late Night Skate & BMX \$5

Late Night Skate and BMX evening. Music, Games, Food and prizes will be provided. Park is open for event only 5pm-10pm. At least 5 but less than 65
[10917](#) Dec 15 Fri 5:00pm-10:00pm

GGCC WHEELS BMX Beginner Clinics \$5

Beginner riders will learn and grow with benefits such as improved Discipline and self control. Program is taught by a USA Certified BMX coach. Long pants, long sleeve shirt and full face helmet are required. No classes October 31st or December 5th. Class is held 2nd & 4th Tue of month.
[10921](#) Sep 12-Dec 19 Tue 6:00pm-7:00pm

GGCC WHEELS BMX Advance Clinics \$5

Advanced riders will learn Gate Balance, Pumping, Manualing, Jumping and Turn skills. Program is taught by a USA Certified BMX coach. Long pants, long sleeve shirt and full face helmet are required. No classes October 31st or December 5th. Class is held 1st, 3rd & last Tue of month.
[10658](#) Sep 5-Dec 12 Tue 6:00pm-7:00pm



WHEELS SKATE PARK & BMX TRACK

4701 Golden Gate Pkwy.
 (239) 252-4188

Wheels Schedule:

Monday-Friday 3:00pm-8:00pm
 Saturdays 1:00pm-8:00pm
 Sundays Closed Memoria Day to Labor Day

USA license required for all USA events.

Schedule is subject to change due to weather, track conditions and/or special events.

Annual Memberships For Each Park:

Ages 21 & Under \$10
 Ages 22 & Up \$25
 Daily \$5

GGCC Wheels Late Night Skate \$5

Wheels PARK IS OPEN LATE !!! Come and enjoy a night with music, games, mini comps, food, prizes and more. \$5 for Members and \$ 10 for Non-Members. At least 5 but less than 99
[10918](#) Sep 23 Sat 5:00pm-10:00pm

GGCC Strider Race \$5

Introduce your child to the world of strider riding. The child is placed on a strider bike that has no pedals and they use their feet to push until they balance themselves to raise up their feet and stride. At least 3 but less than 6
[10914](#) Oct 6 Fri 6:00pm-8:00pm