

18 Fitness

Bone Builders • Mind/Body • Strength Training

BONE BUILDERS

ENCP 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. Ages 50 and up

[12539](#) Jun 6-Aug 22 Mon,Wed 9:00am-10:00am

GGCC Bone Builders **FREE**

This program relies upon weight training to protect against fractures caused by osteoporosis by increasing muscular strength and bone density. Must have a Dr.'s note to be able to lift weights. Ages 50 and up

[12459](#) Jun 5-Sep 6 Tue,Thu 9:30am-10:30am

WYCP Bone Builders **FREE**

Designed to help prevent fractures caused by osteoporosis by increasing muscular strength and bone density. A doctor's note is required. Ages 50 and up

[12606](#) Jun 5-Aug 9 Tue,Thu 8:30am-9:30am



SPINNING

NCRP Spinning **\$7**

Cycling exercise classes strengthens heart and lungs while burning calories. Pedal your way to a healthier life. Ages 13 and up

[12595](#) Jun 4-Aug 10 Mon 9:30am-10:30am, 4:30-5:30pm; Tue 9:30am-10:30am; Wed 9:30am-10:30am, 5:30pm-6:30pm; Fri 9:30am-10:30am; Sat 9:00am-10:00am

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. Ages 13 and up

[12523](#) May 30-Sep 19 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. Ages 13 and up

[12526](#) May 29-Sep 20 Tue,Thu 9:00am-10:00am

ENCP QiGong / Yoga **\$7**

Qigong classes focus on light repetitive movements to strengthen the energy and direct it through the body. Ages 13 and up

[12615](#) Jun 4-Aug 29 Mon,Wed 9:00am-10:00am

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

A multi level yoga class for all levels of participation. Ages 18 and up

[12899](#) May 15-Aug 16 Tue,Thu 6:00pm-7:00pm

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. Ages 13 and up

[12309](#) Jun 5-Aug 30 Tue,Thu 9:00am-10:00am

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. Ages 13 and up

[12594](#) Jun 4-Aug 6 Mon 6:00pm-7:00pm

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

The yoga class will focus on improving your flexibility, strength and balance while enhancing your posture, coordination and mental focus. Ages 13 and up

[12596](#) Jun 5-Aug 10 Tue 10:30am-11:30am, 5:30pm-6:30pm, 6:30pm-7:30pm; Thu 10:30am-11:30am, 5:30pm-6:30pm, 6:30pm-7:30pm; Fri 10:30am-11:30am

VTCP Yogagenics **\$60**

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

[12808](#) Jun 4-Jul 9 Mon 6:30pm-8:00pm

[12810](#) Jul 16-Aug 20 Mon 6:30pm-8:00pm

[12811](#) Aug 27-Oct 8 Mon 6:30pm-8:00pm

STRENGTH TRAINING

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. Ages 13 and up

[12310](#) Jun 5-Aug 28 Tue 6:00pm-7:00pm, Sat 8:30am-9:15am

ELCP GroupX Strength & Cond **\$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. Ages 13 and up

[12522](#) Jun 4-Sep 24 Mon 10:30am-11:30am

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

Low impact exercise class designed to improve flexibility and build strength. Ages 13 and up

[12525](#) May 29-Sep 18 Tue 10:30am-11:30am

[12524](#) May 31-Sep 20 Thu 10:30am-11:30am

MHCPTabata Interval Training **\$7/free with membership**

Tabata is a high-intensity workout protocol that has fitness and weight-loss benefits. This class consists of short intervals of high intensity workouts. Tabata training is an attractive training routine that offers the maximum benefit with the least amount of time used to get those results you are looking for! Ages 13 and up

[12307](#) Jun 7-Aug 30 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. Ages 13 and up

[12308](#) Jun 1-Aug 31 Mon,Wed,Fri 9:00am-10:00am

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. Ages 13 and up

[12593](#) Jun 4-Aug 10 Mon,Wed,Fri 8:30am-9:30am



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. Ages 13 and up

12527 May 30-Sep 21 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. Ages 18 and up

12612 Jun 5-Aug 30 Tue, Thu, Sat 9:00am-7:30pm

GGCC Zumba \$7

Join the Party! Dance your way to a more fit you while learning unique Latin moves and rhythms in an exiting atmosphere. Ages 15 and up

12460 Jun 4-Aug 29 Mon, Wed 9:00am-7:00pm

GGCP 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. Ages 13 and up

18023 Jun 4-Aug 29 Wed, Wed 6:00pm-7:00pm

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. Ages 13 and up

12311 Jun 2-Aug 29 Mon, Wed 6:00pm-7:00pm, Sat 9:30am-10:30am



Extreme Sports

BMX • Skateboards



GGCC BMX Summer Camp \$125

Participants will learn the fundamentals of BMX Racing. Program will be taught by a Professional BMX Rider Mario Lopez. Wheels Park Membership is required; also long sleeve sports shirt, long pants, and full face helmet are also required. Full Face Helmets are available for Rental. Lunch will be provided. Ages 6 to 17

12866 Jun 4-Jun 8 Mon-Fri 8:00am-4:00pm
12869 Jun 11-Jun 15 Mon-Fri 8:00am-4:00pm
12867 Jun 18-Jun 22 Mon-Fri 8:00am-4:00pm
12868 Jun 25-Jun 29 Mon-Fri 8:00am-4:00pm



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 Memorial 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

