

\$5 Drop-In
 \$39/Mo. UNL
 Self Defense Class:
 \$100/Mo. UNL



Wickliffe, Ohio

Weekly Schedule

Classes begin on the hour unless noted

Upgrade your entire membership to \$50/mo. for unlimited classes, guest passes, and kid's room!

Instructors: Will Vickie Stacey							
Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am			Senior Aerobics* 9:30am				
10am							Arms and Abs
11am							
12pm							
1pm		Self Defense		Self Defense	Self Defense	Self Defense	Self Defense
5pm							
6pm		HIIT	HIRT		Tabata Core Circuit		
7pm		Self Defense 7:30pm		Self Defense 7:30pm		Self Defense 7:30pm	

*Free for Silver Sneakers members

- Arms and Abs** - just what it says; a class focused on strengthening and defining arms and abs
- HIIT** (High Intensity Interval Training) - a cardiovascular training method; alternating intense exercise and rest periods
- HIRT** (High Intensity Resistance Training) - a HIIT workout utilizing resistance exercises
- Self Defense** - an aikido martial arts class
- Senior Aerobics** - a class focused on building strength and increasing mobility for daily activities
- Tabata Core Circuit** - a fast-paced, calorie-burning interval workout, focused on core training

Interested in a class? You can join at any point. Check one out this week!