North Lakes Group Exercise and Gym Membership

$5 per class | $30 One Month | $80 Three Months | $299 Annually
Includes access to the weight room and cardio equipment.

Child Watch Hours: Monday-Saturday, 8-11 a.m., Monday-Thursday, 4:30-8 p.m.
$10 per month unlimited per family or $2 drop-in fee per child

**BODYPUMP™** is a barbell workout for anyone looking to get toned and fit—fast!
Build strength using a light to moderate weighted barbell and free weights.
**Monday, Wednesday, Friday,** 8:30 a.m.
**Monday, Wednesday,** 6:45 p.m.
**Tuesday, Thursday,** 5:30 p.m.
**Monday, Wednesday,** noon
**Saturday,** 8 a.m.

**BODYJAM™** is the ultimate moderate-to-high intensity cardio-dance workout!
You will find yourself doing an entire hip-hop/ pop dance routine before you know it. Burn 500+ calories and clock 5000 steps per class.
**Tuesday,** 6:45 p.m.
**Saturday,** 9:15 a.m.

**BODYFLOW™** is a Yoga, Tai Chi, Pilates workout that builds flexibility, strength, and leaves you feeling centered, calm, and happy.
**Wednesday and Friday** 9:30 a.m.
**Tuesday,** 6:45 p.m.

**BODYCOMBAT™** is a high-energy cardio workout that draws from Karate, boxing, Taekwondo, Tai Chi & Muay Thai.
Burn 500 to 700 calories and clock 5,000+ steps. No experience needed.
**Monday, Tuesday,** 5:30 p.m., **Tuesday, Thursday,** 9 a.m.
**Thursday,** 6:45 p.m.

**BARRE** is a combination of cardio and strength with high reps of small range of motion movements and very light weights. Tone, shape, and condition your body with a sense of grace.
**Monday, Tuesday,** 9:30 a.m.
**Thursday,** 5:30 p.m.

**CXWORX™** hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your abs and butt, as well as improving functional strength.
**Tuesday,** 8:30 a.m.
**Thursday,** 8:30 a.m

**INDOOR CYCLING**
Indoor Cycling (spinning) is a stationary bike workout with blasts of cardio intervals that improve endurance and strength. Space is limited, please arrive early.
**Tuesday and Thursday** 7:45 a.m.
**Saturday,** 8 a.m.

**CYCLE YOGA**
Cycle Yoga combines a 40-minute high-energy stationary bike workout with 20 minutes of mat yoga. Improve cardio endurance, strength, and flexibility. Burn 500 to 700 calories.
**Monday,** 6:30 p.m.

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**SENIOR FIT** | Full-body exercise using hand-held weights, elastic tubing with handles, and low-impact aerobics. **Tuesday and Thursday,** 10 a.m. | 60 minutes

**ZUMBA GOLD** | Zumba modified for seniors. **Wednesday,** 10:30 a.m. | 60 minutes

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**SENIOR FIT** | Mat yoga for seniors that can be modified for all levels. **Monday,** 11 a.m. | 60 minutes

**SENIOR CHAIR YOGA** | Gentle seated and standing chair supported yoga. **Monday,** 10 a.m. | 45 Minutes

**SENIOR MAT YOGA** | Senior Mat yoga for seniors. **Monday,** 11 a.m. | 60 minutes

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**ZUMBA®** is a calorie burning fitness-party that blends Latin and international rhythms incorporating popular dance moves with samba, salsa, merengue, mambo, and more!
**Thursday,** 9 a.m.