

## FITNESS CLASSES/TRAINING PRICES

SMOOTH CARDIO	Smooth Cardio is a class that allows you to get a great workout while working at your own pace and having a great time.	\$5/ class
SMOOTH MOVES	The solution for adults who want to get fit, have fun, and make friends! Safe, effective movements to improve strength, flexibility, and improve functional conditioning.	\$3/class
YOGA/ PILATES	A great way to balance mind and body while sculpting and toning	\$10/class
OPEN GYM	Open Gym pass allows use of our strength and cardio equipment during Open Gym Hours. <b>NOTE:</b> Posted hours only. Does NOT include fitness classes. Patients receive priority on all equipment.	\$5.00/each
STRENGTH TRAINING	Strength Training pass allows individual to attend a pre-registered Strength Training group class with a personal trainer. Classes available 2 or 3 times per week. Six week course.	\$135-3x/week (\$121-H2U) \$90-2x/week (\$81-H2U)
PERSONAL TRAINING 1 Hour Session	Pass allows individual to attend a one-on-one pre-registered session with a personal trainer.	\$40/hour
BODYCORE	BodyCore classes allow you to attend a six week bootcamp class with your own personal trainer who can give you “before” and “after” results while coaching you at your own pace! 2x/wk for six weeks.	\$90/6 weeks (\$81-H2U) 2x/week
ZUMBA	Dance away those unwanted pounds and get in shape with a Latin flare!	\$5/class
SMOOTH CARDIO	Smooth Cardio is a class that allows you to get a great workout while working at your own pace and having a great time.	\$5/ class

## FITNESS PASSES

Monthly Pass: \$40 / month

*This pass allows you to attend smooth cardio, smooth moves, yoga, pilates, zumba, open gym, or a combination of any of those for just \$40 a month.*

Quarterly Pass: \$100/ 3 months

*This pass allows you to attend smooth cardio, smooth moves, yoga, pilates, zumba, open gym, or a combination of any of those for just \$100 for our 4 quarterly time periods (Fall, Winter, Summer, and Spring).*