

**fitness**

**connection**

T H E C L U B

# June 2021

	Mon	Tue	Wed	Thu	Fri	Sat
			45 MINUTE CLASSES  SUBJECT TO CHANGE			
		1  <b>Evening</b> 5:30 Water Fitness ( 6:30 Adult Swim	2  <b>Morning</b> 8:30 Water Fitness	3  <b>Evening</b> 5:30 Water Fitness	4  <b>Morning</b> 8:30 Water Fitness	5  GRAB A COFFEE AND WALK THE BEACH
6	7 <b>Morning</b> 8:00 Express Blast( LR) 8:30 Water Fitness <b>Evening</b> 5:30PM Cayman Physio 6:00 Interval Tabata (	8  <b>Evening</b> 5:30 Water Fitness	9  <b>Morning</b> 8:30 Water Fitness	10  <b>Evening</b> 5:30 Water Fitness	11  <b>Morning</b> 8:30 Water Fitness	12  HAVE YOU TRIED WALKING THE MASTIC TRAIL LATELY
13	14  <b>CLOSED</b> PUBLIC HOLIDAY	15  <b>Evening</b> 5:30 Water Fitness 6:30 Adult Swim	16  <b>Morning</b> 8:30 Water Fitness	17  <b>Evening</b> 5:30 Water Fitness	18  <b>Morning</b> 8:30 Water Fitness	GO SNORKELING AT SPOTTS
20	21 <b>Morning</b> 8:00 Express Blast (LR) 8:30 Water Fitness <b>Evening</b> 5:30PM Cayman Physio 6:00 Interval Tabata	23  <b>Evening</b> 5:30 Water Fitness 6:30 Adult Swim	24  <b>Morning</b> 8:30 Water Fitness	25  <b>Evening</b> 5:30 Water Fitness	26  <b>Morning</b> 8:30 Water Fitness	WATCH A CAYMAN SUNSET AFTER A LATE AFTERNOON WALK
28	29 <b>Morning</b> 8:00 Express Blast (LR) 8:30 Water Fitness <b>Evening</b> 5:30PM Cayman Physio 6:00 Interval Tabata	30  <b>Evening</b> 5:30 Water Fitness	July 1 <b>Morning</b> 8:30 Water Fitness	July 2  <b>Evening</b> 5:30 Water Fitness	<b>CLOSED</b>	<b>CLOSED</b>

**\*Specialty Classes in Red– See back for details**

# Class Description

**We offer a variety of classes dependent on the clientele , each class will deliver a personalized workout.**

## **Interval Tabata**

Is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods.

## **Cardio Kick/Abs**

A fantastic full body workout integrating low impact aerobics with Slide, BOSU, Resist-a-Ball & strength training to challenge the mind and body.

## **Circuit Blast**

A drills & skills workout that includes resistance & strength training, without “the aerobics”. Various stations, working for short time periods. Covering all aspects of fitness: Aerobic, core stabilization & resistance training. Great for an all over body workout.

## **Express Blast**

Kick-start your morning with this fast-paced, high-energy workout. 30 minutes is all that you need for an awesome workout and we’ve got you covered! This class is perfect for all levels— come ready to work!

## **Aqua Fitness”**

A total body workout, utilizing a combination of exercises and training methods to give you a fantastically challenging class. Whether you are new to exercising or are a seasoned athlete, exercising in the pool is a great way to improve your overall fitness.

Plus, our pool is **solar heated!**

## **2021 FACILITY RATES & PRICING INFORMATION**

<b>Members/Drop In</b>	\$18.00 per class
<b>Punch Passes</b>	\$90.00 for 5 classes
	\$180.00 for 10 classes

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## **SPECIALTY COURSES—PRE-REGISTRATION REQUIRED**

### **\*\*\*ADULT SWIM LESSONS**

You will get more comfortable and move more easily in the water improve your stroke Technique, rhythmic breathing these one-hour lessons can help! 4-week session:

**Tuesday 6:30pm—7:15pm**

**Cost: \$100.00 for a package of 4 consecutive classes . \$30.00 Drop in class**

**\*\*\*PERSONAL TRAINING SESSIONS** Personal training is no longer just for the rich and famous. If you need to kick-start your fitness regime, train for a specific event or even learn to swim, we have a personal training program for you. Our professional, certified instructors and trainers will be there to help you every step of the way! Training sessions can be held at Fitness Connection or in the comfort of your own home or pool.

**\*\*\* Cayman Physio—Please contact Cayman Physio directly to book aqua sessions.**

**\*\*\* This symbol indicates specialty courses which have specific start dates.  
Please call for more information. Not included in membership.**