

2025 Aerobic Schedule *Subject to Change

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Spin - Brandi	Body Sculpt - Shay		Body Sculpt - Shay		
7:45 AM						
8:15 AM						
8:30 AM	Cardio Strength Jennifer	Spin - Amy	Cardio Strength Jennifer	Yoga - Jennifer	Cardio Strength Jennifer	Yoga / Pilates Christi/MacKenzie
9:15AM	Yoga - Jennifer					
9:30 AM						Spin - Anita
10:00 AM						
10:30 AM		Yoga - Jessica				
10:45 AM						
11:00 AM						
1:30 PM						
4:00 PM		Sculpt & Strength - Allison		Sculpt & Strength - Allison		
4:15 PM						
5:30 PM			Spin - Amy			
6:00 PM	Yoga - Christi/MacKenzie	<i>Massage Therapy Services</i>				



Please call our Massage Therapist, Shelley Greene for an appointment

478-972-7409



RELAXATION MASSAGE

- REDUCES ANXIETY AND TENSION
- PROVIDES DEEP RELAXATION
 - RELIEVES HEADACHES
- CREATES A SENSE OF WELL-BEING
 - RELIEVES FATIGUE

ONE HOUR\$70
 HALF HOUR.....\$40
 ONE & ONE-HALF HOUR.....\$105

HOT STONE MASSAGE

- HOT MINERAL STONES
- RELAXES AND ENERGIZES MUSCLES
 - INCREASES CIRCULATION
- RELIEVES PAIN OF ARTHRITIS, FIBROMYALGIA
 AND PLANTARFACITIS
 75 MINUTE - FULL
 BODY.....\$90
 45 MINUTE - FACE, SHOULDER, HANDS &
 FEET...\$60

NECK AND SHOULDER MASSAGE

15 MINUTE.....\$15

PREGNANCY MASSAGE

- SOOTHES ACHES AND PAINS OF PREGNANCY
 - DECREASES MUSCLE TENSION AND LEG CRAMPS
 - LIE ON SIDE FOR COMFORT
- ONE HOUR.....\$70
 HALF HOUR.....\$40

Aerobic Classes

CARDIO BLAST - Get your heart racing! Burning Stress and building endurance

- All levels

BODY SCULPT - Total body workout using a combination of traditional body sculpting methods using free weights, resistance bands and your own body

- All levels

YOGA - Uses Postures and stretches in combination with the breath to develop flexibility, muscle elongation, toning and relaxation - All levels

SENIOR - Cardio segment as well as resistant training and flexibility training. This is a progressive program in which each participant works at their own level.

CARDIO KICKBOX - It's an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Learn how to punch effectively, kick safely and perform hooks and uppercuts like a pro!

ZUMBA - The class that started the dance-fitness revolution. It's fun and effective! Once the Latin and world rhythms take over, you'll see why Zumba Fitness classes are amazing!

SCULPT & STRENGTHEN - Increase lean muscle mass and bone density by using light and heavy weights to sculpt and define muscles.

P920X MASHUP (NEW) - Total body workout designed to build lean muscle and condition the entire body. You'll use your own bodyweight, along with a variety of dumbbells for each class. Each workout will include movements to focus on your core stability, along with providing cardio to get that heart rate pumping, and specific upper and lower body strength work. This workout is perfect for all fitness levels and ages (teenagers and up), as modifications are always available.

STRONG - by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been designed to match every single move. You will burn calories while toning arms, legs, abs and glutes.

BOOTCAMP (NEW) - Anything goes! Combine strength and cardio exercises to challenge you physically (and mentally). A variety of equipment will be utilized each week (i.e. stability balls, dumbbells, gliders, barbells, etc.), but don't let that intimidate you. This a fun way to burn calories, build strength, and work on balance/flexibility. This workout is perfect for all fitness levels and ages (teenagers and up), as modifications are always available.

Massage Appointment Policy

To schedule an appointment, call Shelley Greene at (478) 972-7409 Fees for massage services will be placed on the member's club account. The first appointment may be longer. If you are using a gift certificate, please present it at the time of the appointment.

Cancellation Notice

As your appointment time has been reserved just for you, a 24-hour notice is required to cancel an appointment without a charge. All non-cancellations are automatically billed to the member's club account.

Gift Certificates

A gift of massage therapy is appropriate for all occasions, truly unique and certain to bring pleasure, relaxation and healing to the recipient. Stop by the reception desk at the wellness center or the front desk in the clubhouse; or call ahead, and the certificate will be prepared and conveniently waiting for you.

Wellness Center

Rob Haver, Wellness Director, is a certified personal trainer with a degree in Health and Fitness Promotion.

Kim Hunnicut, Personal Trainer

(478) 474-8535 Reception Desk
Rob Haver Ext. 271

WELLNESS CENTER **AT IDLE HOUR**



Massage Therapy
Free Weights
Weight Machines
Cardio Equipment
Certified Personal Training
Aerobic Classes