



JUMP START



"Jump Start" your work-out routine by trying a new program that will kick things up! Jump Start will be 45 minutes of high intensity, outdoor conditioning. Lead by one of our personal trainers, this program will apply a combination of body weight exercises, running and plyometrics, offering the participant a total body workout.

Day: Tuesday & Thursday ~ 9:15 – 10:00am

Fees: Bring your Class Card or \$13/class

There are two choices to pay for classes. You may either pay the per class/drop-in fee of \$13 or purchase one of our class cards. Class cards are in 10 (\$100) or 20 (\$180) classes. The class card can be used for all adult classes. Class Cards can be purchased in the athletic or the front office. If you have any questions please speak with the Athletic Director or one of our instructors.