Lifetime Fitness Center

SPRING FORWARD WITH CLASSES AT LIFETIME FITNESS CENTER

SESSION DATES March 2nd-May 2nd
Drop-in classes March 16-21st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Rise & Grind		Power Hour		Rise and Grind	
8:00 AM	50/50 Fit		50/50 Fit			
8: 30 AM						TBW
9:45 AM	Silversneakers		Silversneakers		SilverSneaker	
5:30 PM	Move Together	TRX		Strength & Sculpt		

Send completed form and payment to: Lifetime Fitness Center- 812 Elm Ave.
Story City, IA 50248
Phone number: 515-733-4029

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8:00 AM	50/50 Fit		50/50 Fit				
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9:45 AM	SilverSneakers		SilverSneakers			SilverSneakers	
5:30 PM	Move Together	TRX			Strength & Sculpt		

Name:_____
Email:_____
Address:_____
Emergency Contact:_____
Total # classes/week_____**Total Amount Due:**_____
**Make checks payable to MGMC*

Phone:_____

City, Zip:_____
Emergency Contact Phone_____
Payable by Credit Card:
Card Number:_____**Exp**_____

LFC Members attend unlimited class for free!

Prime Time Alive Members receive 15% off!

Non-member fees:
1 class/week: $42
2 classes/week: $58
3 classes/week: $78
4+ classes/week: $90

TRX is a max of 10. You must sign up at the front desk.

Class descriptions on reverse side

Class Descriptions

Power Hour: Pump it up and join us for the total body strength training workout using free weights, bars, tubing and more. A workout appropriate for all fitness levels.

SilverSneakers-Muscular Strength & Range of Movement:
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. **ALL SILVERSNEAKERS CLASSES ARE 45 MINUTES IN LENGTH.**

TRX: is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

Strength and Sculpt: This 45-minute class focuses on weight- based training using a variety of equipment to build a lean and strong physique! **For all Fitness levels.**

TBW (Total Body Workout): The TOTAL package- cardio, strength and interval training. Build metabolism boosting muscle AND improve cardiovascular endurance in this fun, fast-paced hour- long workout!

50/50 Fit: This class incorporates functional moves using a variety of equipment. Mix in some low intensity cardio moves and you have a workout that improves your muscular strength and heart at the same time!

Rise & Grind: This class is a total body, heart pumping, aerobic and strength conditioning workout. This class combines full-body strength training with bursts of cardio designed to tone your body, improve your endurance and clear your mind before you start your busy day! Takes place in the gym, great for all levels.

Move Together: This 45-minute program is designed to improve your overall kinetic health through building confidence in a supportive group environment.