



Lifetime Fitness Center

BE HEALTHY, GET FIT AND STAY FOCUSED WITH CLASSES AT LIFETIME FITNESS CENTER. TAKE CLASSES ANY TIME THAT FITS YOUR SCHEDULE WITH FITNESS ON DEMAND!

SESSION DATES: Mon Jan 6th– Feb 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
5:30AM			Power Hour	Power Sculpt			
8:00Am	Yoga		50/50 FIT	Pilates	Yoga		
8:30AM						TBW	
9:45AM	Silver Sneakers		Silver Sneakers		Silver Sneakers		
5:00PM		Core Blitz		TRX			
5:30PM	Total Body Workout						Yoga
6:00PM		50/50 Fit		Strength & Core Circuit			

Send Completed Form and payment to:

Lifetime Fitness Center - 812 Elm Avenue - Story City, Iowa 50248 - Phone: (515)733-4029

Circle the classes you want to register for below. Detach and return with payment.

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
5:30AM			Power Hour	Power Sculpt			
8:00Am	Yoga		50/50 FIT	Pilates	Yoga		
8:30AM						TBW	
9:45AM	SilverSneakers		SilverSneakers		SilverSneakers		
5:00PM		Core Blitz		TRX			
5:30PM	TBW						Yoga
6:00PM		50/50 Fit		Strength & Core Circuit			

Name: _____

Phone: _____

E-Mail: _____

Address: _____

City, ZIP _____

Emergency Contact: _____

Emergency Contact Phone: _____

Total # Classes/week _____ Total Amount Due _____

Payment by Credit Card:

*Make checks payable to MGMC

Card Number: _____ Exp _____

LFC Members attend unlimited class for Free!

Non-member fees:

***TRX Non-member fees:**

Prime Time Alive Members receive 15% off

1 Class/week = \$37

\$6 per class or

2 Classes/week=\$53

3 Classes/week=\$73

\$42 for session

Class descriptions on reverse side

4+Classes/week=\$86

Class Descriptions

Yoga: Find balance and flexibility while building strength and endurance. Learn to move your body with awareness and breath, practicing traditional yoga postures, doing what you can with the body that you have. Perfect for those seeking strength, flexibility, stress reduction and total relaxation.

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!

Power Hour: Pump it up and join us for this 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.**

Core Blitz: Focus in on your core strength and stability in this 45 min total core workout! This class incorporates the use of equipment for variety.

TRX: This small group specialty class uses the TRX suspension system to create unique exercises challenging your core, strength, and cardiovascular system using your own body weight. **Class is limited to 10 participants. Must pre-register at the front desk.**

Strength and Core Circuit: 45 minutes of non-stop fun, this class will vary each week using different types of equipment. Heart pumping intervals of strength, power and core. **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!

Power Sculpt: This challenging, but easy to follow class combines light hand weights with yoga flow to work muscle groups that will enhance your yoga practice. We add core exercises, stretching and fun music. Great for all ages!

Pilates: is a low-impact flexibility, muscular strength and endurance movements class. Which emphasizes proper postural alignment, core strength and muscle balance. **For All Fitness levels.**