



FITNESS CLASSES

VICTORIA TRAILS AMENITY CENTER

GROUP EXERCISE

VICTORIA PARK FITNESS CARD

Only \$2.00 Per Class

10 or 20 punch cards available for purchase.

< MONDAY

YOGA (Starting 9/12/16) 9:00 AM
SPLASH & TONE 10:15 AM

< TUESDAY

AQUA ZUMBA 9:00 AM
STRENGTH TRAINING 10:15 AM

< THURSDAY

PILATES 8:00 AM
AQUA ZUMBA 9:00 AM

AQUA ZUMBA Aqua Zumba is a no-impact total body work-out held in the pool. Appropriate for all fitness levels. Recommended for people with joint issues. Party in the pool to Latin rhythms!

PILATES A unique form of simple, precise and effective exercise. Pilates is not only gentle on the body but also offers many benefits. It focuses on the deep muscles responsible for your body's core strength and stability.

SPLASH & TONE This water class combines cardio intervals and resistance exercises that emphasize core stability, muscular strength, endurance, flexibility and range of motion. Suitable for all fitness levels; participants are able to exercise at their own comfort levels. Please bring swim noodle.

STRENGTH TRAINING Learn the basics of strength training using free weights and your own body weight. Some cardiovascular exercise is included.

YOGA A class for all fitness levels. The class focuses on teaching basic yoga postures, healthy alignment of the spine, as well as strengthening the musculature that supports the body. If you have been wanting to begin a yoga practice to reap all of the health benefits that yoga has to offer...now is the time! Please bring a mat, towel and water.

Classes are adapted for all fitness levels.



EVERGREEN
LIFESTYLES MANAGEMENT

Call (386) 279-7700
to purchase fitness card.