



GROUP EXERCISE

VICTORIA PARK FITNESS CARD

Only \$2.00 Per Class

10 or 20 punch cards available for purchase.

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.

FITNESS CLASSES

VICTORIA TRAILS AMENITY CENTER

MONDAY
TUESDAY
THURSDAY

YOGA (Starting 9/12/16) 9:00 AM

SPLASH & TONE 10:15 AM

AQUA ZUMBA 9:00 AM

STRENGTH TRAINING 10:15 AM

PILATES 8:00 AM

AQUA ZUMBA 9:00 AM

Classes are adapted for all fitness levels.



EVERGREEN
LIFESTYLES MANAGEMENT

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