



Justin Wilson



Adult Fitness Program

Ages 16 through Adult



Jen Schilling



Boot Camp (Justin Wilson)

Boot camp workouts are efficient because you work your entire body in an interval circuit with little rest. The workouts involve classic calisthenics and body weight movements. The difference lies in the intensity. In boot camp, your challenge is to take your body to the next level. You work, you sweat and best of all, you burn calories. All exercise and movement and can be scaled up or down depending on fitness level.

Yoga-laties (Jen Schilling)

This class combines the stretching and balance of Yoga with the strength and grace of Pilates. Yoga is designed to help you improve your flexibility and balance as well as relax and refresh you before you leave. Pilates will work on your core strength(stomach and back) as well as teach you to do moves that help lengthen the look of your muscles. We will use medicine balls, bands and chairs in this class as well as mats. You may bring your own mat, if you wish.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	Boot Camp Yoga-laties		Boot Camp		Boot Camp
10:00 AM		Boot Camp		Boot Camp	
11:00 AM	Abs & Back	Yoga-laties	Abs & Back		Abs & Back
Noon		Kickbox Strike			
5:30 PM	Abs & Back				
6:00 PM	Yoga-laties			Boot Camp (Coach Andy)	
6:30 PM			Abs & Back		
7:00 PM	Boot Camp		Yoga-laties		

Punch Cards

(Punch Cards are available at the Front Desk and also may be used for the Adult Gymnastics Class.)
 10 classes, \$100 (**\$10/class**) 20 classes, \$180 (**\$9/class**) 30 classes, \$240 (**\$8/class**)

Kickbox Strike (Jen Schilling)

This class will combine the cardio moves of kickboxing as well as blocking and striking moves using the body bar. This is a fun class that will make you sweat and improve your balance and strength, too. We also do a 5 minute abs bonus at the end using the body bar before stretching. This class usually burns at least 400-500 calories/hour. Bring water and a towel!

Abs & Back (Jen Schilling)

This class is a 1/2 hour class that mostly works your stomach and back muscles, but incorporates your upper and lower body as well. It includes a 3-5 minute warm-up, uses exercise balls, medicine balls and body weight with stretching at the end.

No Punch Card. \$5 drop-in fee for this class.

Personal Training (Justin Wilson or Jen Schilling)

Personal training will help you to achieve your fitness goals quickly, safely and conveniently. You will get an individualized program just for you and it will keep you motivated and accountable. Personal training will improve your quality of life through the education and adoption of healthy life choices. Health screening provided. Available in One on One, Team and Group Training options. Call Justin 317.733.3000 ext. 1007 or Jen 317.733.3000 ext. 1006. for more details and to schedule a personal training appointment.

Starting at \$25/half hour.