

# Winter Wellness Schedule



## ZUMBA

The Latin inspired, easy-to-follow, calorie-burning, dance fitness party. Feel the music and let loose. **INTRO TO ZUMBA** starts Saturday January 15th for 4 weeks. Zumba classes are offered **Mondays and Wednesdays at 6:30 pm and Fridays at 5:30pm. ZUMBA TONING**, new to Bermuda, starts January 22nd at 2 pm.



## BODYCOMBAT

A licensed program through **Les Mills**, is offered **ONLY** at The Athletic Club on **Tuesdays at 6:30 pm and Thursdays at 12:15 pm**. This empowering cardio workout program is inspired by martial arts and draws from a wide variety of disciplines such as karate, boxing, tae kwan do, tai chi & Muay Thai.



## TRX

TRX **SUSPENSION TRAINING** uses your own body weight and gravity to build total body strength, balance, coordination, flexibility, core and joint stability for people of all fitness levels. Brand new class on **Wednesdays at 12:15 pm**.

*Class Punch Cards available for all these classes: 10 sessions at \$175. Includes use of spa and towel service. Call 295-6140 for more information.*

**Ask about our membership special draw saving up to 50% if you join by January 17th.**