



# Facility Schedules

Schedule Effective: **JANUARY 1, 2018**

Fitness Hours:

<b>Monday – Thursday</b>	<b>5:30 a.m. – 9 p.m.</b>
<b>Friday</b>	<b>5:30 a.m. – 7 p.m.</b>
<b>Saturday</b>	<b>8 a.m. – 3 p.m.</b>
<b>Sunday</b>	<b>8 a.m. – 2 p.m.</b>

**Alliance** 2484 West State Street, Alliance, OH 44601 • (330) 829-2339

**CLUB MANAGER,**  
**Tyler Murphy**

## Childcare:

<b>Monday &amp; Wednesday</b>	8:30 a.m. – 12:00 pm. 5:00 p.m. – 7:30 p.m.
<b>Tuesday-Thursday-Friday</b>	8:30 a.m. – 12:00 p.m.
<b>Saturday</b>	

## Aquatics Classes:

<b>Monday &amp; Wednesday</b>	6:15 p.m. Waterobics
<b>Tuesday</b>	10:00 a.m. Waterobics 11:00 a.m. Aqua Arthritis 6:00 p.m. Aqua Challenge
<b>Thursday</b>	6:15 p.m. Aqua Challenge
<b>Friday</b>	10:00 a.m. Waterobics 11:10 a.m. Aqua Arthritis
<b>Saturday</b>	8:30 a.m. Aqua Challenge

## Open Pool:

<b>Monday &amp; Wednesday</b>	5:30 a.m. – 7:30 a.m. Noon – 1:00 p.m. ( <b>ADULT ONLY</b> ) 7:30 p.m. – 8:30 p.m.
<b>Tuesday</b>	5:30 a.m. – 10:00 a.m. Noon – 6:00 p.m. 7:30 p.m. – 8:30 p.m.
<b>Thursday</b>	5:30 a.m. – 7:30 a.m. Noon – 1:00 p.m. 7:30 p.m. – 8:30 p.m.
<b>Friday</b>	5:30 a.m. – 10:00 a.m. Noon – 1:00 p.m. 5:00 p.m. – 6:30 p.m.
<b>Saturday</b>	9:30 a.m. – 2:30 p.m.
<b>Sunday</b>	8:00 a.m. – 1:30 p.m.

## Group Exercise:

<b>Monday</b>	9:15 a.m. Cardio Fusion 10:10 a.m. SilverSneakers Classic 5:30 p.m. Super Strength
<b>Tuesday</b>	9:15 a.m. H.I.I.T. 7:05 p.m. MatFlex
<b>Wednesday</b>	9:30 a.m. Cardio Interval 10:15 a.m. Core Stability Training 10:45 a.m. SilverSneakers Classic 6:00 p.m. Yoga
<b>Thursday</b>	8:30 a.m. Boot Camp 10:30 a.m. Chair Stretching 5:30 p.m. Xtreme Tone 6:30 p.m. Pilates
<b>Friday</b>	9:30 a.m. Super Strength 10:25 a.m. Silver Sneakers Classic
<b>Saturday</b>	8:15 a.m. Zumba™/Pound™ (Check Availability) 20/20/20 9:15 a.m. 20/20/20 10:15 a.m. Core Stability Training

## Fitness Memberships

### 1 Year

#### Single Membership

Enrollment Fee:	\$50.00
Monthly Fee:	\$36.00
Senior/Military:	\$25.00

#### 1 Year Couple Membership

Enrollment Fee:	\$90.00
Monthly Fee:	\$53.00
Senior:	\$40.00

#### 1 Year Family Membership

Enrollment Fee:	\$110.00
Monthly Fee:	\$60.00

\* Tax not included in prices.

\* 10% discount when paid in full.

\*\*3/6/9 Month memberships may be available upon request—See Joe regarding short term membership

#### Senior/Military/Student Membership

\$25.00

(College/High School Student with ID)

#### Day Pass

\$5.00

#### Massage - Member

\$55.00 / hr.

\$31.50 1/2 Hour

#### Massage - Non-Member

\$60.00 / hr.

\$35.00 1/2 Hour

#### Personal Training - Member

\$40.00 / hr.

\$20.00 1/2 Hour

#### Personal Training - Non-Member

\$45.00 / hr.

\$25.00 1/2 Hour

## Class Descriptions:

### **20/20/20**

Two 20 minute segments of cardio (Bosu, Step, HiLo, Powerbox, Zumba or Gliding™) followed by 20 minutes of toning.

### **Aqua Arthritis**

A class that includes specific endurance, toning, and stretching exercises to help benefit those with arthritis.

### **Aqua Challenge**

Take your water workout to a new level with this challenging class that includes power and suspended moves, and toning exercises with weights, balls, and noodles.

### **Boot Camp**

A class designed to challenge cardio, strength, endurance, balance, agility and core stabilization.

### **Cardio Fusion**

A challenging class that includes a combination of Bosu cardio, cardio kickboxing, and weights.

### **Cardio Interval**

Time efficient 45-minute heart pounding class with a variety of cardio activities.

### **BRAWL**

This class offers short segments of Kickboxing, Kettlebell, Weights, and Battle Rope. A great class for those looking to take their workout to the next level.

### **Burn**

A circuit class made to get the blood flowing. A mix of cardio, strength, and core to make sure you get the most BURN.

### **Ball+Core+Strength**

This core class is the perfect end to your day. A quick 30 minutes focusing flexibility, balance, and strength of your abdominals and lower back.

### **Core Stability Training**

20-minute toning and balance class focusing on strengthening the abs, back and glutes.

### **MatFlex**

A new class that brings the concepts of Yoga and Pilates together for a workout that will help you tone, strengthen, and increase flexibility.

### **Pilates**

This class includes flexibility, strengthening, and core exercises in classic Pilates moves.

### **Silver Sneakers Classic**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

### **Super Strength**

This is an hour long nonstop advanced strength training class using various equipment such as Medicine Balls, Bosu, Free Weights, Gliders, and Body Bars.

### **Waterobics**

An intense water workout followed by toning and stretching exercises.

### **Yoga**

Stretch, strengthen, breathe and relax with this slowly paced sequence that begins with plenty of warm-up movement and offers posture variations for different fitness and experience levels.

### **ZUMBA™**

Get moving in our exciting new class featuring Latin dance movements and rhythms taught by our Certified ZUMBA™ Instructors.

## **Concorde Health and Wellness offers a variety of services:**

- ✓ Fitness evaluations and program designs by our qualified fitness staff
- ✓ Land and Aquatic Group Exercise classes
- ✓ Personal Training for children and adults (Discounted price for members!)