



Facility Schedules

Schedule Effective: March 05, 2018

Fitness Hours:

Monday — Thursday	6 a.m. — 7:30 p.m.
Friday	6 a.m. — 7 p.m.
Saturday	7 a.m. — 1 p.m.
Sunday	8 a.m. — 1 p.m.

Belden Village 4645 Belpar St. NW, Canton, OH 44718 • (330) 493-4210

**Club Manager,
Kathy Arnold**

Aquatics:

Monday Noon	Waterobics
Tuesday Noon	Silver Sneakers Splash
Thursday Noon 12:45 p.m.	Aqua Arthritis Waterobics
Friday Noon	Aqua Arthritis

Open Pool:

Monday & Wednesday 6:00 a.m. — 8:30 a.m. 4:00 p.m. — 7:00 p.m.
Tuesday 6:00 a.m. — 8:00 a.m. 1:00 p.m.-7:00 p.m.
Thursday 6:00 a.m. — 8:00 a.m. 2:00 p.m. — 7:00 p.m.
Friday 6:00 a.m. — 8:30 a.m. 1:00 p.m. — 6:30 p.m.
Saturday 7:00 a.m. — 12:30p.m.
Sunday 8:00 a.m. — 12:30 p.m.

*Pool may be used during Physical Therapy sessions at the approval of the aquatic therapist. Please be considerate to therapy patients during this time.

Group Exercise:

Monday 10:00 a.m. 11:00 a.m. 5:30 p.m.	Yoga Pilates Super Strength
Tuesday 10:00 a.m. 11:00 a.m.	Cardio Fit Silver Sneakers
Wednesday 10:00 a.m. 11:00a.m.	Super Strength Yoga
Thursday 11:00 a.m.	Silver Sneakers
Friday 9:00 a.m. 10:00 a.m.	Super Strength Pilates

Fitness Memberships

Single Membership

Enrollment Fee:	\$75.00
Monthly Cost:	\$34.00
Senior:	\$25.00
Veteran:	\$25.00

Couple Membership

Enrollment Fee:	\$100.00
Monthly Cost:	\$51.00
Senior:	\$40.00

Family Membership

Enrollment Fee:	\$125.00
Monthly Cost:	\$58.00

Student Membership

\$25.00
(College/High School Student with ID)

3 Month Sports Training

\$150.00

Day Pass

\$5.00

Massage - Member

\$55.00 / hr.
\$31.50 1/2 Hour

Massage - Non-Member

\$65.00 / hr.
\$45.00 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

Group Personal Training

\$20 / person

- Tax not included in prices.
- **Paid in Full options available**
(Totals available upon request)
- **50% off Enrollment Fee** when you pay for one year in full.

Class Descriptions:

Silver Sneakers

Designed to increase strength, range of movement, agility, balance & coordination, to improve participants' functional capacities, physical fitness level, and sense of well-being. All fitness members are welcome.

Aqua Arthritis

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

Waterobics

A intense water workout followed by toning and stretching exercises.

Silver Sneakers Splash

A universal class designed to increase cardiovascular endurance, agility, strength and balance in an aqua environment. All fitness members are welcome.

Pilates

This class will help to increase strength and flexibility, improve posture and strengthen core muscles.

Cardio Fit

Designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance.

Super Strength

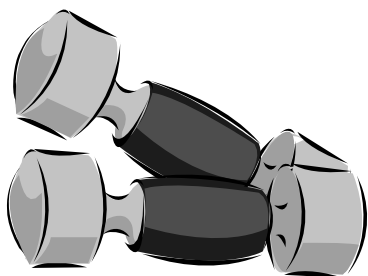
This is an hour long cardio and strength training class using various equipment such as Medicine Balls, Bosu, Free Weights, Gliders, and Body Bars. This class accommodates all fitness levels.

Yoga

An hour-long class concentrating on flexibility with classic Yoga moves to enhance your mind, body, and spirit.

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
- ✓ Sports Training for athletes of all types (3 months for \$150.00)
- ✓ Personal Training for children and adults (Discount for members!)
- ✓ Massage (Discount for members!)



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A FREE 5 DAY
VIP PASS!

