

# THE HEIGHTS Group Fitness Pass

For one fee you can have access to over 50 land/water classes per week. Whether you're looking to dance some pounds away, get a refreshing water workout, develop healthy eating habits, sculpt strong muscles, or challenge your fitness level, our Group Fitness Pass has something for you! Participants are encouraged to bring their own fitness mat. Not valid for The Next Level or Weights for Women. These passes are non-transferable, non-refundable and valid only at THE HEIGHTS. Ages 16+

1 Month	R&M \$48; NR \$62	3 Months	R&M \$122; NR \$172
6 Months	R&M \$224; NR \$326	9 Months	R&M \$314; NR \$460
1 Year	R&M \$392; NR \$578		
20-Visit Value Card	R&M \$135; NR \$169	Daily Pass	R&M \$9; NR \$12

CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION No classes 12/23-12/26, 12/31-1/1

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga & Core 6-6:55 a.m.	Stretch & Core 8:30-9:25 a.m.	Yoga & Core 6-6:55 a.m.	Stretch & Core 8:30-9:25 a.m.	Yoga & Core 6-6:55 a.m.	T3 8-9 a.m.	Yoga 10-11:15 a.m.
30 Minute HIIT 8:30-9 a.m.	Zumba 8:30-9:25 a.m.	Nutrition for Life 8:30-9 a.m.	Zumba 8:30-9:25 a.m.	30 Minute HIIT 8:30-9 a.m.	Water Warrior 8-9 a.m.	
Splash & Dash 8:30-9:45 a.m.	Be Fit 9-9:55 a.m.	Splash & Dash 8:30-9:45 a.m.	Be Fit 9-9:55 a.m.	Splash & Dash 8:30-9:45 a.m.	Barre Balance 8:30-9:25 a.m.	
Fitness Fusion 9-9:55 a.m.	HEIGHTS Pump 9:30-10:25 a.m.	Yoga Flow 9-9:55 a.m.	HEIGHTS Pump 9:30-10:25 a.m.	Fitness Fusion 9-9:55 a.m.	Hydro Fit 9-10 a.m.	
NIA 10-10:55 a.m.	Fitness Yoga 9:30-10:40 a.m.	Cardio Sculpt 9:30-10:25 a.m.	Fitness Yoga 9:30-10:40 a.m.	Zumba 9:30-10:25 a.m.	Yoga 9:30-10:45 a.m.	
Circuit Training 5:30-6:25 p.m.	Insanity Boot Camp 5:45-6:45 p.m.	Core Awareness 10-10:45 a.m.	Aqua Zumba 10-11 a.m.		Wellness Watchers 11-11:55 a.m.	
Body Sculpt 6-6:55 p.m.	SPINNING 6-6:55 p.m.	NIA 10-10:55 a.m.	Barre Balance 10:50-11:45 a.m.			
	Hydro Fit 6-7 p.m.	Circuit Training 5:30-6:25 p.m.	Insanity Boot Camp 5:45-6:45 p.m.			
	H-2-0 Whoa! 7-8 p.m.	FitBall 6-6:55 p.m.	SPINNING 6-6:55 p.m.			
		Yoga 7-7:55 p.m.	Hydro Fit 6-7 p.m.			
			H-2-0 Whoa! 7-8 p.m.			

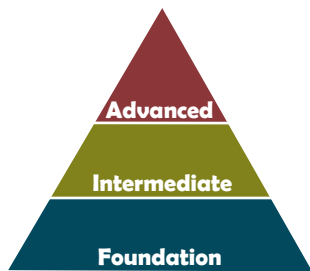
 Land Class  
 Water Class

Please contact Jon Gutmann with any questions at (314) 655-3651 or at [jgutmann@richmondheights.org](mailto:jgutmann@richmondheights.org).

## Group Fitness Pass

The “Progression Pyramid” allows participants to attend classes appropriate for their fitness level. **Foundation** classes are great for beginners and participants just recovering from injury. **Intermediate** classes are designed for those that are looking to take their fitness to the next level. **Advanced** classes are implemented to challenge and test your overall fitness level.

### Progression Pyramid



### Land Based Classes

#### SPINNING Ages 16+

Uniquely tailored to suit a wide range of abilities and fitness goals, the spinning program delivers a personalized workout, incredible calorie burn and personal challenge—all at a self-directed pace.

T 6-6:55 p.m.  
H 6-6:55 p.m.

#### NIA: Dance Fusion Ages 16+

Nia blends dance arts, martial arts and healing arts with an approach that will stimulate you to revolutionize the way you feel about fitness, focusing on how your body feels. Nia will pump your heart, spark your spirit, motivate your mind, enhance your balance and tone your muscles with expressive movement.

M/W 10-10:55 a.m.

#### NEW Rise and Shine

##### Yoga & Core Ages 16+

Begin your day with a sense of freshness and revitalization as you stretch, lengthen, and relieve your muscles and body from any aches and pains. This class utilizes a variety of stretching techniques, combined with core strengthening exercises.

M/W/F 6-6:55 a.m.

##### Fitness Yoga Ages 16+

Fitness yoga is a vinyasa yoga flow class that will strengthen the body, release tension and establish a healing mind-body connection. While previous yoga experience is not a requirement, some level of fitness is preferable because of the flowing movements.

T/H 9:30-10:40 a.m.

##### FitBall Ages 16+

This fun, innovative class uses a stability ball to enhance strength, posture, flexibility and balance. It's a total body workout using handheld weights and your own body weight.

W 6-6:55 p.m.

##### Zumba Ages 16+

Zumba is an exhilarating, cardio-dance fitness class with an emphasis on Latin and International rhythms (including Merengue, Salsa, Cumbia, Reggaeton, Calypso and Bhangra.) Zumba features easy-to-follow steps, so no dance background is necessary.

T/H 8:30-9:25 a.m.  
F 9:30-10:25 a.m.

##### Yoga Flow: Morning Mindful Movement Ages 16+

Enhance your flexibility, mobility, range of motion and overall sense of well-being in a supportive yoga class community.

W 9-9:55 a.m.

##### Yoga Ages 16+

Enhance your core strength, posture and flexibility as you learn some new poses and review some familiar ones. Some prior yoga experience is preferred.

W 7-7:55 p.m.  
A 9:30-10:45 a.m.  
S 10-11:15 a.m.

##### Stretch & Core Ages 16+

A half hour of intense core work and a half hour of stretching away those aches and pains, set to upbeat music. You'll work your entire core and learn new exercises to help sculpt your core and stretch your body.

T/H 8:30-9:25 a.m.

##### Insanity Boot Camp Ages 16+

Interval training, combining cardio and plyometric drills with intervals of strength, power, resistance and core training to enhance your overall fitness.

T/H 5:45-6:45 p.m.

##### THE HEIGHTS Pump Ages 16+

THE HEIGHTS Pump is designed to sculpt and tone your whole body and work your major muscle groups.

T/H 9:30-10:25 a.m.

##### Sleek Physique: Barre Balance Ages 16+

Lean, strong, great posture and sculpted from head to toe. This class combines yoga, Pilates, light weights and barre work. Lengthen and strengthen your body for an entirely new experience.

H 10:50-11:45 a.m.  
A 8:30-9:25 a.m.

##### 30 Minute HIIT Ages 16+

**High Intensity Interval Training** class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio bursts designed to tone your body and improve your endurance.

Modifications for all fitness levels are provided.  
M/F 8:30-9 a.m.

##### Body Sculpt Ages 16+

An effective way to build muscle, increases your bone strength, improve your balance and stability, and advance your endurance. This class is designed to get a total body workout.

M 6-6:55 p.m.

##### Circuit Training (HIIT) Ages 16+

A form of total body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise “circuit” is one completion of all prescribed exercises in the program.

M/W 5:30-6:25 p.m.

##### Fitness Fusion Ages 16+

Enhance your overall fitness with this multi-functional class that emphasizes the improvements of strength, balance and stability. Benefits include increased flexibility, core strength, muscle strength and endurance, and overall better condition of your entire body!

M/F 9-9:55 a.m.

##### Nutrition for Life Ages 16+

What you eat has a significant impact on your health and wellness, but where to begin? Let our registered dietitian take your health and wellness to the next level. This educational class adds a diverse component to the Fit Pass with new, fresh and innovative topics discussed each week.

W 8:30-9 a.m.

#### NEW Wellness Watchers: A Nutrition Accountability Group Ages 16+

Hold your diet accountable and impact the way you feel and function. Accomplish your nutrition goals by joining this supportive community class as you learn from others as well as our registered dietitian.

A 11-11:55 a.m.

#### T3 Ages 16+

Treadmill Trim and Tone, a dynamic cardio-based class that will focus on heart rate variations to improve your overall fitness level. Entire class will take place on the fitness center's treadmills with a variation of different speeds, inclines and the utilization of different weights and resistance bands.

A 8-9 a.m.

#### NEW Cardio Sculpt Ages 16+

Fun, challenging, and multi-muscle engagement is the main focus of this class to trim, strengthen and tone every muscle group.

W 9:30-10:25 a.m.

## Water Based Classes

#### Splash & Dash Ages 16+

What better way to start your day than with a morning workout in the water! Gather your friends and jump in.

M/W/F 8:30-9:45 a.m.

#### Be Fit Ages 16+

Looking to work hard and gain the motivation to get fit? This water fitness class will work you to the bone to create stronger, defined arms, firmer buns, leaner legs and fabulous tummies!

T/H 9-9:55 a.m.

#### Hydro Fit Ages 16+

Your body requires cardiovascular, strengthening and flexibility work to some degree every day. Designed to satisfy all three areas in just one hour. You will build muscle strength, muscle tone and endurance with zero impact on your joints.

T/H 6-7 p.m.  
A 9-10 a.m.

#### H-2-O Whoa! Ages 16+

You will learn basic concepts of water fitness, have fun with new steps and moves while getting fit with aerobic exercise. This safe, effective, low-impact aerobics and toning program is designed to strengthen muscles and increase stamina. You will feel refreshed and ready for the next day! EXPECTANT AND NEW MOTHERS are welcome, as the exercises are safe and can be adapted for each trimester or for regaining your shape faster after delivery.

T/H 7-8 p.m.

#### Core Awareness Water Fitness Ages 16+

Supported by the water and using a ball or noodle, strengthen and lengthen your core, enhance your balance in all directions and increase your lung capacity. Cultivate peace of mind as you learn new strategies for movement you can practice every day. This course is part of an approach to life fitness called the Kinsella Method™

W 10-10:45 a.m.

#### NEW Aqua Zumba Ages 16+

Blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss! There is less impact on your joints during an aqua Zumba® class, so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

H 10-11 a.m.

#### NEW Water Warrior Ages 16+

Step up your water fitness and give your entire body a refreshing, yet challenging workout. Class focuses on using swimming tactics, small weights, intermediate aerobics, step climbing, river jogging, and much more in order work every muscle group.

A 8-9 a.m.