



# THE HEIGHTS Fit Pass

For one fee you have access to over 30 classes per week including Spinning, yoga, Zumba, and strength training classes. Whether you're looking to dance some pounds away, sculpt strong muscles, or challenge your fitness level, our Fit Pass has something for you! Ages 16+

|           |                     |          |                     |
|-----------|---------------------|----------|---------------------|
| 1 Month   | R&M \$40; NR \$50   | 3 Months | R&M \$114; NR \$142 |
| 6 Months  | R&M \$216; NR \$270 | 9 Months | R&M \$306; NR \$382 |
| 12 Months | R \$384; NR \$480   |          |                     |

20-Visit Value Card R&M \$135; NR \$160      Daily Pass      R&M \$9; NR \$12  
 CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION      No classes 5/29, 6/9, 6/10, 7/4, 8-28-9/3

*VISIT as many classes AS YOU WANT FOR one low price.*

## MONDAY    TUESDAY    WEDNESDAY    THURSDAY    FRIDAY    SATURDAY    SUNDAY

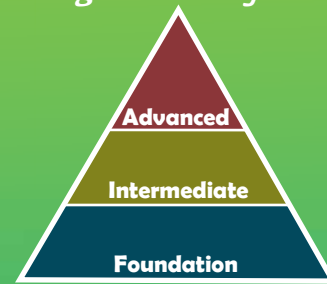
|   |   |  |   |   |  |                       |
|---|---|--|---|---|--|-----------------------|
| Core Combo<br>6-6:55 a.m.<br>30 Minute HIIT<br>8:30-9 a.m.<br>Fitness Fusion<br>9-9:55 a.m.<br>Nia<br>10-10:55 a.m.<br>Circuit Training<br>5:30-6:25 p.m.<br>Body Sculpt<br>6-6:55 p.m.<br>S.W.O.L.E.<br>6:30-7:25 p.m. | Zumba<br>8:30-9:25 a.m.<br>Stretch & Core<br>9-9:30 a.m.<br>Fitness Yoga<br>9:30-10:40 a.m.<br>HEIGHTS Pump<br>9:30-10:25 a.m.<br>Bootcamp<br>5:30-6:25 p.m.<br>Spinning<br>6-6:55 p.m. | Core Combo<br>6-6:55 a.m.<br>Fitness Fusion<br>9-9:55 a.m.<br>Nia<br>10-10:55 a.m.<br>Circuit Training<br>5:30-6:25 p.m.<br>FitBall<br>6-6:55 p.m.<br>Ferocity Fit<br>6:45-7:40 p.m. | Zumba<br>8:30-9:25 a.m.<br>Stretch & Core<br>9-9:30 a.m.<br>Fitness Yoga<br>9:30-10:40 a.m.<br>HEIGHTS Pump<br>9:30-10:25 a.m.<br>Bootcamp<br>5:30-6:25 p.m.<br>Spinning<br>6-6:55 p.m.<br>S.W.O.L.E.<br>6:30-7:25 p.m. | Core Combo<br>6-6:55 a.m.<br>30 Minute HIIT<br>8:30-9 a.m.<br>Fitness Fusion<br>9-9:55 a.m.<br>Zumba<br>9:30-10:25 a.m. | T3: Treadmill<br>Trim and Tone<br>8-9 a.m.<br>Sleek Physique<br>Barre Balance<br>8:30-9:25 a.m.<br>Yoga<br>9:30-10:45 a.m. | Yoga<br>10-11:15 a.m. |
|---|---|--|---|---|--|-----------------------|

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

# Fit Pass 2.0

The future of fitness is finally here! The Fit Pass 2.0 features a “Progression Pyramid” which 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. Fit pass 2.0 gives you unlimited access to all the classes on this page!

## Progression Pyramid



### SPINNING

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 your own pace.

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

### NIA: Dance Fusion

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.

### CORE Combo

In one dynamic class you get yoga, Pilates, Reebok Flexible Strength and abdominal work. Enhance your core strength while working on flexibility, range of motion, strength and balance.

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

### Fitness Yoga

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.

### Yoga

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

A 9:30-10:45 a.m.  
S 10-11:15 a.m.

### FitBall

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.

### THE HEIGHTS Pump

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

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

### Stretch & Core

Thirty minutes of stretching away those aches and pains, with thirty more of intense core work. Set to upbeat music, you'll work your entire core and learn new exercises to sculpt your body!

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

### Boot Camp

Intervals of cardiovascular and strength training are combined with sports drills to increase strength, endurance and overall fitness.

T/H 5:30-6:25 p.m.  
A 8-8:55 a.m.

### Zumba

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. Emphasis is on fun and fitness, rather than on dance technique.

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

### Sleek Physique: Barre Balance

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.

A 8:30-9:25 a.m.

### 30 Minute HIIT

**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, improve your endurance. Modifications for all fitness levels are provided.

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

### Circuit Training (HIIT)

A form of total body conditioning or resistance training using high-intensity aerobics, targeting 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

Enhance your overall fitness with this multi-functional class that emphasizes the improvements of strength, balance and stability. Mondays and Fridays are filled with muscle burning exercises, while Wednesdays will be a “Recovery” day with stretching, flexibility and balance work.

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

### Ferocity Fit

Take your fitness to the next level! This class will shred the pounds, shred the fat, and shred the sweat! Advance your overall strength and endurance.

W 6:45-7:40 p.m.

### S.W.O.L.E.

Combine Sweat, Work, Optimization, Lifting, and Exercise to create the most effective workout your body can possibly produce! It's fun, exhilarating, and most importantly, extremely effective!

M/H 6:30-7:25 p.m.

### T3

Treadmill, Trim and Tone, a Dynamic Cardio based class that will focus on heart rate variations to improve your overall fitness level. Entire class takes 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.

### Body Sculpt

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

M 6-6:55 p.m.