

**BEGINS  
AUGUST 7**

## 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

<p>Core Combo 6-6:55 a.m.</p> <p>30 Minute HIIT 8:30-9 a.m.</p> <p>Fitness Fusion 9-9:55 a.m.</p> <p>Nia 10-10:55 a.m.</p> <p>Circuit Training 5:30-6:25 p.m.</p> <p>Body Sculpt 6-6:55 p.m.</p> <p>Insanity 6:30-7:25 p.m.</p>	<p>Zumba 8:30-9:25 a.m.</p> <p>Stretch &amp; Core 9-9:30 a.m.</p> <p>Fitness Yoga 9:30-10:40 a.m.</p> <p>HEIGHTS Pump 9:30-10:25 a.m.</p> <p>Nutrition for Life 10:30-11:25 a.m.</p> <p>Bootcamp 5:30-6:25 p.m.</p> <p>Spinning 6-6:55 p.m.</p>	<p>Core Combo 6-6:55 a.m.</p> <p>Yoga Flow 9-9:55 a.m.</p> <p>Nia 10-10:55 a.m.</p> <p>Circuit Training 5:30-6:25 p.m.</p> <p>FitBall 6-6:55 p.m.</p> <p>Ferocity Fit 6:45-7:40 p.m.</p>	<p>Zumba 8:30-9:25 a.m.</p> <p>Stretch &amp; Core 9-9:30 a.m.</p> <p>Fitness Yoga 9:30-10:40 a.m.</p> <p>HEIGHTS Pump 9:30-10:25 a.m.</p> <p>Bootcamp 5:30-6:25 p.m.</p> <p>Spinning 6-6:55 p.m.</p> <p>Insanity 6:30-7:25 p.m.</p>	<p>Core Combo 6-6:55 a.m.</p> <p>30 Minute HIIT 8:30-9 a.m.</p> <p>Fitness Fusion 9-9:55 a.m.</p> <p>Zumba 9:30-10:25 a.m.</p> <p>Body Boost 10-10:55 a.m.</p>	<p>T3: Treadmill Trim and Tone 8-9 a.m.</p> <p>Sleek Physique Barre Balance 8:30-9:25 a.m.</p> <p>Yoga 9:30-10:45 a.m.</p>	<p>Yoga 10-11:15 a.m.</p>
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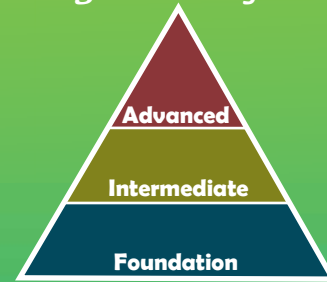
Please contact Jon Gutmann with any questions at (314) 655-3651 or at [jgutmann@richmondheights.org](mailto:jgutmann@richmondheights.org).

# Fit Pass 2.0

The 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

Ages 16+



Uniquely tailored to suit a wide range of abilities and fitness goals, this 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.

### CORE Combo

Ages 16+



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

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.

### 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.

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

### 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.

### Boot Camp

Ages 16+



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.

### 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.

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

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

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

### 30 Minute HIIT

Ages 16+



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, increase 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 in 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.

### NEW Yoga Flow: Morning

#### Mindful Movement

Ages 16+



Combining yoga styles and music while flushing oxygen to the cells is the original anti-aging benefit! Enhance your flexibility, mobility, range of motion, and overall sense of well-being in this supportive yoga class community.

W 9-9:55 a.m.

### NEW Nutrition for Life

Ages 16+



Let our registered dietician 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.

T 10:30-11:25 a.m.

### Body Boost

Ages 16+



Enjoy this low-impact class that focuses on building strong, lean muscles. Class will utilize a variety of formats such as Pilates, tai chi, and low-impact strength training.

F 10-10:55 a.m.

### Ferocity Fit

Ages 16+



Take your fitness to the next level! This class will shred the pounds, the fat, and the sweat! Advance your overall strength and endurance and be prepared for one of the hardest fitness classes available at THE HEIGHTS.

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

### NEW Insanity

Ages 16+



Max interval training combining cardio and plyometric drills with intervals of strength, power, resistance, and core training.

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

### T3

Ages 16+



Treadmill Trim and Tone, is 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, weights and resistance bands.

A 8-9 a.m.