

Need more information? Email Programs@ethosfitness.com

Especially for WOMEN

Flash Dance - The Menopause Workout with Grace

Need a coach to get you started with your workouts?

Grace will use the latest research on menopause and exercise to help you create a winning workout formula.

- aerobic conditioning for heart health and calorie-burning
- strength training for muscles, bones and metabolism
- stretching for flexible muscles and fluid movement
- pelvic floor awareness
- balance training

4 week program - once a week

Cost: \$100; Non-Member Cost: \$120

Tuesdays 6pm – 7pm (SGTFLASHTU)

July 6, 13, 20, 27

Cardio Toning with Elena

Using multiple sets of weight training exercises, Elena will teach you how to gain improve muscle tone and stamina so you improve strength while experiencing a light cardio effect. This style of training will improve blood circulation muscle tone and stamina using stamina.

4 week program - once a week

Cost: \$100; Non-Member Cost: \$120

Tuesday 11am – 11:45am (SGTCRDTNTU)

Session 1

June 15, 22, 29, July 6

Session 2

July 13, 20, 27, Aug 3

Session 3

Aug 10, 17, 24, 31

Fri 6:00pm – 6:45pm (SGTCRDTNF)

Session 1

June 18, 25, July 2, 9

Session 2

July 16, 23, 30, Aug 6

Session 3

Aug 13, 20, 27, Sept. 3

Zumba Gold with Cassie (SGTZUMGLD)

Zumba, the popular dance-based workout offers a light version for those needing a break down of moves at a moderate pace. Burn calories, build endurance and pick up some dance moves along the way.

4 week program once a week

Cost Members \$100 Non-members \$120

Tues. 11:00 – 12:00 (studio 1)

Session 1

June 22, 29, July 6, 13

Session 2

July 20, 27, Aug 3, 10

Register at Reception.

All classes are subject to a minimum participation.