

# Charrette Creek Commons

## FITNESS CENTER

### group exercise schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:15-9 a.m. <b>Circuit Blast</b> Multipurpose Room	8:15-9:15 a.m. <b>Balance Yoga</b> Multipurpose Room		8:15-9:15 a.m. <b>Yoga</b> Multipurpose Room	8:15-9:15 a.m. <b>Yoga</b> Multipurpose Room
9:15-10:00 a.m. <b>Silver Sneakers: Strong &amp; Stable</b> Multipurpose Room	9:15-10 a.m. <b>Active For Life</b> Multipurpose Room		9:15-10:00 a.m. <b>Silver Sneakers: Strong &amp; Stable</b> Multipurpose Room		
10:15-11:00 a.m. <b>Silver Sneakers: Cardio for All</b> Multipurpose Room			10:15-11:00 a.m. <b>Silver Sneakers: Cardio for All</b> Multipurpose Room		
	4:00-4:55 p.m. <b>Mat Pilates</b> Multipurpose Room				

Schedule as of Tuesday, September 3, 2024. Subject to change.

## Class Fees

Prices for single and class packages.

**GROUP CLASSES:** 1 Class - \$15 | 10-Class Package - \$100 (no expiration)

**UNLIMITED CLASSES:** Yearly - \$500

Register at [information@innsbrook-resort.com](mailto:information@innsbrook-resort.com) or 636.928.3366 x9180.

## Personal Training

To sign up, please contact Theri at [t-repke@hotmail.com](mailto:t-repke@hotmail.com)

Personal training packages expire six months from date of purchase.

	1 SESSION	5 SESSIONS	10 SESSIONS
<b>Individual</b>			
1-hour	\$55	\$225	\$400
30-minutes	\$40	\$150	\$250
<b>Small Group</b>			
1-hour	\$70	\$300	\$550
30-minutes	\$55	\$225	\$400

### Personal Training

**Individual** - A custom one-on-one workout based on member's goals, ability and experience.

**Small Group** - A personal training session with 2-4 people who have similar goals. *Shared cost.*

## Hours of Operation

**Fitness Center**  
Daily 6 a.m. - 8 p.m.



# Class Descriptions

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## **Silver Sneakers: Strong & Stable**

Incorporates functional exercises using a variety of fitness equipment and body weight to improve muscular strength and endurance. Focus will be on strength while also including balance and stability work.

**Fitness Level:** Intermediate to Advanced  
*Some exercises will be done on the floor(mat).*

## **Silver Sneakers: Cardio For All**

A heart-healthy cardio class using low-impact movements with some upper-body and core work included. Standing and seated options with additional modifications or progressions will be available. Focus will be on cardio endurance.

**Fitness Level:** ALL

## **Active For Life**

Get ready to have fun while staying fit! This class combines low-impact aerobic activities with fun challenges that boost strength, endurance, joint stability, balance, and flexibility. Engage in team-based exercises and interactive games that keep you moving, laughing, and improving your functional fitness - all while enjoying a supportive & social environment.

**Fitness Level:** Beginner to Intermediate

## **Circuit Blast**

Elevate your fitness routine with a high-energy, 30-minute session seamlessly integrating cardio and strength training both inside the gym and outdoors. Following your workout, enjoy a soothing 15-minute full-body stretch to enhance flexibility and recovery. Under expert guidance, navigate through diverse stations featuring gym equipment such as treadmills, rowers, leg presses, cable machines, and more, with minimal rest periods between sets. Tailored for all fitness levels, it's a swift and efficient approach to enhancing your overall fitness.

**All About Abs:** Improve your posture and build core muscles through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller, feel stronger!

## **Mat Pilates**

Improve strength and flexibility by focusing on strengthening and lengthening muscles as well as enhancing mental awareness.

**Fitness Rx:** Improve balance, stretch and strengthen muscles with various postures, weights and techniques. Focus on breath during movement while improving agility. Some stress-reducing yoga is included.

## **Yoga**

Yoga has been practiced for thousands of years across the world because it's a great way to build strength, stamina and flexibility, without putting undue stress on your body. By meditating, focusing on your breath and stretching your muscles, yoga also cultivates a wonderful sense of inner peace and serenity. Class format is dependent on the instructor and appropriate for all levels.

## **Balance Yoga**

Explore movement, freedom and posture support through range of motion stretching.