

ALII ATHLETIC CLUB FITNESS CLASSES

Join our fitness classes with our in-house trainer Morgan Farnsworth. Morgan is certified in Personal Training, Fitness Instruction, Tai Chi and Yoga. She brings her knowledge and passion for fitness creating special programs for you.

Class Schedule

Monday	7:15 – 8:10am	Cardio Circuit
Tuesday	10:30 – 11:25am	Mat Pilates
Wednesday	7:15 – 8:10am	Aerobic & Toning
Thursday	10:30 – 11:25am	Glutes & Abs
Friday	7:15 – 8:10am	Resistance Bands

Cardio Circuit

This fat burning workout that takes you through a variety of cardio and strength training exercises. Each circuit includes 3-4 exercises for the hips, glutes, thighs, abs and upper body followed by cardio.

Mat Pilates

An exercise system focused on improving flexibility, strength, and body awareness, without necessarily building bulk.

Aerobic & Toning

This class uses high/low aerobic movements with added dumbbells for strength.

Glutes & Abs

Exercises focused on the different angles of the glutes and abdominals for toning and lifting.

Resistance Bands

This muscle toning class targets all major muscle groups with the use of heavy resistance.

Each class is \$15/person

Private instruction also available.