

# MEMBERSHIP

## ADULT PLATINUM MEMBERSHIP SCHEDULE

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SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Cardio Boot Camp</b> 10:00-11:00am	<b>Aqua Fit</b> 11:15-12:00pm	<b>Low Impact</b> 10:00-10:45am	<b>Yoga</b> 7:00-8:00pm	<b>Low Impact</b> 10:00-10:45am	<b>Aqua Fit</b> 10:00-10:45pm	
<b>Yoga</b> 1:00-2:00pm		<b>BURN</b> 6:00-7:00pm			<b>Yoga</b> 7:00-8:00pm	

**In addition to all Silver and Gold programs & Services the Adult Platinum membership includes access to the weight room, cardio room and all instructor-led fitness classes.**

**AQUA FIT:** Use the water's resistance to add a level of difficulty to your total body aerobic workout! Aqua fit involves cardiovascular, balance, and muscle components using the water's resistance with low impact on joints. Great for all levels of fitness!

**YOGA:** This class will help build the foundations of yoga by focusing the first half of the class on building flexibility and warming the body through breath and holding poses for longer periods of time. The second half of the class focuses on movement through a flow of gentle yet powerful poses.

**CARDIO BOOT CAMP:** Maximize your sweat session by mixing cardio with strength training. We offer modifications for every move, so no matter your fitness level, we've got you covered!

**DRUM FIT:** Drum up some sweat while fine-tuning your coordination and rhythm. All fitness levels are welcome.

**FITNESS KICKBOXING:** Get your inner fighter up and moving! A fusion of martial arts disciplines, each class includes a combination of punches, kicks, strikes, and techniques for a great knockout experience.

**BURN:** This is a High-Intensity Interval Training (HIIT) workout! Challenge yourself in this total body workout that stresses cardiovascular and muscular fitness through a mix of high and low intensity light weight exercises.

**LOW IMPACT:** The Low-Impact Fitness class provides a safe and effective way for resistance training that is easy on the joints. Participants will be using light weights and resistance bands to build muscle mass and break a sweat! This class allows participants to have the option of using a chair to perform the exercise or standing.

**PROGRAMS:** Craft Night, Paint Night and Date Night are programs that are included with your Platinum membership. For more information, check out the Program page or visit [accoravillage.com](http://accoravillage.com)