

Cardio Sculpt

Tuesday's at 9am

April 5th – June 21st

12 classes



This 60 minute class blends cardio and weight training intervals for a full body workout that will strengthen and tone muscle while making you sweat! A variety of equipment will be utilized as you cycle through the stations performing two minute intervals of cardio, weight training, and sports conditioning exercise!

Class Cost: \$60.00

8 person class minimum
or class will be
cancelled.

A \$9.00 pay-per-class option will be
offered if class minimum is met and
there is room available.

No make-ups or credits for classes missed



Please sign-up with Mark
STARTING March 24th
DEADLINE for sign-ups are April 4th

mark.farnsworth@applecrosscc.com or (610) 518 6363 ext #7

“HIIT”



Fridays at 9:30am - 10:30am

April 8th - June 24th

(12 classes)

What is HIIT?

High Intensity Interval Training is a 60 minute high intensity cardio interval class designed to improve your speed, agility, power, and endurance.

Upper and lower body plyometric drills combined with core strengthening exercises will challenge you and make you sweat in this total body workout.

Class Cost: \$60.00

8 person class minimum or class will be cancelled.

A \$9.00 pay-per-class option will be offered if class minimum is met and there is room available.

No make-ups or credits for classes missed.

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Hydro Power



APPLECROSS
COUNTRY CLUB



March 21st through April 25th

TWO SESSIONS OFFERED!

Mondays 6:30 pm - March 21st through May 30th

10 - 45min classes (no class May 9th)

Wednesdays 8:00 am - April 13th through May 25th

6 - 45min classes (no class May 11th)

A total aqua body fitness experience!
Classes designed to challenge women and men regardless of age to improve cardiovascular endurance, muscle strength, agility, balance and speed. Embrace the awesome power of water, have fun, and get fit!



Please sign-up with Mark STARTING

March 10th

Deadline for sign-ups are

March 20th

mark.farnsworth@applecrosscc.com or

(610)518-6363 ext. #7

Class Cost Breakdown

Monday session - \$50.00

Wednesday session - \$30.00

Both sessions - \$70.00

\$9.00 pay per class fee

8 person class minimum or class will be cancelled.

No make-ups or credits for classes missed



Thursdays
9:30 – 10:30am

Class Cost
\$100

March 31st – June 9th
No Class April 21st
(10 classes)

10 person class MAXIMUM.

A \$9.00 pay-per-class option will be offered if class minimum is met and there is room available.



The Pilates Method of Body conditioning is a unique system of stretching and strengthening exercises developed over ninety years ago by Joseph H. Pilates. It strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more streamlined shape. The concentration is body fitness, elongated muscles, and balance between body and mind, with all the parts of a person working as a whole.

Please sign-up with Mark STARTING March 14th
DEADLINE for sign-ups are March 28th
mark.farnsworth@applecrosscc.com or (610) 518 6363 ext #7
No make-ups or credits for classes missed



Step Challenge is a class designed to hit those two “musts”...cardio and strength training! This class will combine intervals of step and weights...but we won't forget to focus on the mid section and cool down with some stretching.

If you're up for the challenge...Grab a towel, some fluids, your trusty hand weights, and let's step to it!!!



April 25th – June 18th

Monday's at 6:30pm

Saturday's at 8:30am

Full Class Participant \$70.00
(16 classes)

Half Class Participant \$40.00
(8 classes)

8 person class minimum or class will be cancelled.

A \$9.00 pay-per-class option will be offered if class minimum is met and there is room available.

No make-ups or credits for classes missed.

**Please sign-up with Mark STARTING April 11th
DEADLINE for sign-ups are April 23rd**

mark.farnsworth@applecrosscc.com or (610) 518 6363 ext #7

Body and Mind



APPLECROSS
COUNTRY CLUB

YOGA



Tuesdays at 6:30pm

March 22nd – May 10th
(8 Classes)

Class Cost \$40.00

8 person class minimum or class will be cancelled.

A \$9.00 pay-per-class option will be offered if class minimum is met and there is room available.

Body and Mind Yoga includes medium paced floor and seated postures, standing postures, back bends, and spinal twists as well as breathing techniques. More advanced poses will be offered on occasion. Alignment modifications will be presented. Some Yoga experience is recommended, but not required for this class.

Great for new or experienced students who enjoy a gentle approach to their yoga practice.



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March 10th
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No make-ups or credits for classes missed



**Thursday's at
6:30pm**

April 14th – June 30th

**Class cost
\$60.00**

(12 classes)

**8 person class minimum or class will be
cancelled.**



A \$9.00 pay-per-class option will be offered if class minimum is met and there is room available.



Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away! The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba class! No dance experience needed! You will learn Merengue, Salsa, Cumbia, Samba, Reggaeton, Flamenco, Quebradita, Bhangra and more!

Please sign-up with Mark STARTING March 30th

DEADLINE for sign-ups are April 12th

mark.farnsworth@applecrosscc.com or (610) 518 6363 ext #7

No make-ups or credits for classes missed