

MSC Group Exercise

The Monterey Sports Center offers over 120 classes a week!

There's truly something for everyone in our wide variety of group exercise class offerings including Kettlebell, Battle Ropes, Body Shred, Zumba, Zumba Toning, Aqua Zumba, U-Jam, Hip Hop, Fierce Funk, Yoga (Power, Flow, Yin, Restorative, Hatha, Meditative), Deep Water, Shallow Water, Step, BOSU, HIIT (High Intensity Interval Training), Outdoor Bootcamp, Spartan Circuit, Group Cycling, Athletic Training (crossfit-style workout), Cardio Kickboxing, Metabolic Mania, Strength Training, Pilates/Core, Barre Sculpt, Foam Roller, Aqua Splash, Ai Chi (Aqua Tai Chi), Aqua Yoga, Endurance Swimming (coached swim workout), Agility/Balance/Core, Chi Flow, Better Balance, Bone Builder and Healthy Start. Classes begin as early as 5:45am and are scheduled throughout the day until 9:00pm on weekdays and from 7:30am to 5:00pm on weekends.

Monthly Group Exercise Pass (class admittance only)

Fee	
\$40	4 classes
\$52	8 classes
\$56	12 classes

Mty Res Fee	
\$34	4 classes
\$46	8 classes
\$50	12 classes

Or \$7 drop-in fee per class plus admission fee or membership.

NOTE: Please bring a towel to class. Group exercise passes are valid for the duration of one month.

Complete Fitness Program

Includes Fitness Orientation, UNLIMITED CLASSES, facility use and towel service. Start-up program fee of \$50.

Youth	\$30 per month
Adult	\$55 per month
Senior	\$40 per month
Corporate	\$51 per month
Family	\$77 per month

1-YEAR, 6-MONTH, 3-MONTH MEMBERSHIPS

Includes Fitness Orientation, UNLIMITED CLASSES, facility use and towel service. Please visit the Monterey Sports Center or our website for more details.

The **Group Exercise Schedule** is available at the Monterey Sports Center and on our website:

www.monterey.org/sportscenter

and

Mobile Site: m.monterey.org

