

Calling all:

Tennis Players, Racquetball Players, Swimmers, Fitness Center Fans, Weight Trainers, Runners, Walkers, Early Birds, 30-Minute Circuit Trainers, Preschool Moms, Seniors, After-Work Workout Members, Weekend Warriors, Beginners, Returning Athletes, Elite Athletes, Dancers, Coordinated or Not, “Rhythm Challenged” or Not:



Wayside Group Exercise... It's more than Mom's workout tapes.

Do you think Group Exercise is Jane Fonda/Richard Simmons types in leg warmers and leotards doing aerobics/calisthenics to disco music? Then it's time to update to 2008!

Something for *every* body...

At Wayside, we offer classes that appeal to everyone at every fitness level. Discover why Group Exercise at Wayside is a great benefit for you.



<i>Activity</i>	<i>Group Exercise Class</i>	<i>Benefit</i>
Tennis and Racquetball	Group/Core Strength	Increase power
Swimming	Pilates/Stretch	Increase of core strength and flexibility
Dancing with the Stars FAN	Zumba/Turbo Kick	A few laughs, more confidence, some great dance moves and a great workout!
Weight Training/Fitness Room	Ultimate Kick Box, Yoga or Stretch Class	Variety of cardiovascular exercises, increased flexibility