

# Charrette Creek Commons

## FITNESS CENTER

### group exercise schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:00 a.m. <b>Silver Sneakers: Strong &amp; Stable</b> Multipurpose Room		8:15-9:15 a.m. <b>Balance Yoga</b> Multipurpose Room		8:15-9:15 a.m. <b>Yoga</b> Multipurpose Room	8:15-9:15 a.m. <b>Yoga</b> Multipurpose Room
9:15-10:00 a.m. <b>Silver Sneakers: Stretch</b> Multipurpose Room			9:15-10:00 a.m. <b>Silver Sneakers: Strong &amp; Stable</b> Multipurpose Room	9:20-9:55 a.m. <b>All About Abs</b> Multipurpose Room	
10:15-11:00 a.m. <b>Silver Sneakers: Cardio for All</b> Multipurpose Room			10:15-11:00 a.m. <b>Silver Sneakers: Cardio for All</b> Multipurpose Room		
	4:00-4:55 p.m. <b>Mat Pilates</b> Multipurpose Room				

Schedule as of Wednesday, February 28, 2024. Subject to change.

## Class Fees

Prices for single and class packages.

**GROUP CLASSES:** 1 Class - \$15 | 10-Class Package - \$100 (no expiration)

**UNLIMITED CLASSES:** Yearly - \$500

Register at [information@innsbrook-resort.com](mailto:information@innsbrook-resort.com) or 636.928.3366 x9180.

## Personal Training

To sign up, please contact Theri at  
[t-repke@hotmail.com](mailto:t-repke@hotmail.com)

Personal training packages expire six  
months from date of purchase.

### Personal Training

**Individual** - A custom one-on-one workout based  
on member's goals, ability and experience.

**Small Group** - A personal training session with 2-4 people who  
have similar goals. *Shared cost.*

	1 SESSION	5 SESSIONS	10 SESSIONS
<b>Individual</b>			
1-hour	\$55	\$225	\$400
30-minutes	\$40	\$150	\$250
<b>Small Group</b>			
1-hour	\$70	\$300	\$550
30-minutes	\$55	\$225	\$400

## Hours of Operation

**Fitness Center**  
Daily 6 a.m. - 8 p.m.



# Class Descriptions

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## Silver Sneakers: Strong & Stable

Incorporates functional exercises using a variety of fitness equipment and body weight to improve muscular strength and endurance. Focus will be on strength while also including balance and stability work.

**Fitness Level:** Intermediate to Advanced  
*Some exercises will be done on the floor(mat).*

## Silver Sneakers: Cardio For All

A heart-healthy cardio class using low-impact movements with some upper-body and core work included. Standing and seated options with additional modifications or progressions will be available. Focus will be on cardio endurance.

**Fitness Level:** ALL

## Silver Sneakers: Splash

(Water Aerobics): Joint-friendly cardio and resistance training in the pool. Wear your swim attire, pool shoes and sunscreen. Bring a towel and a bottle of water. No swimming required. Appropriate for all fitness levels. (NOTE: For individuals with arthritis, please note that the ideal water temperature for joint health is 83 degrees or higher).

## Silver Sneakers: Stretch

Improve flexibility through yoga-inspired stretches and exercises on yoga mats.

**All About Abs:** Improve your posture and build core muscles through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller, feel stronger!

## Mat Pilates

Improve strength and flexibility by focusing on strengthening and lengthening muscles as well as enhancing mental awareness.

**Fitness Rx:** Improve balance, stretch and strengthen muscles with various postures, weights and techniques. Focus on breath during movement while improving agility. Some stress-reducing yoga is included.

## Yoga

Yoga has been practiced for thousands of years across the world because it's a great way to build strength, stamina and flexibility, without putting undue stress on your body. By meditating, focusing on your breath and stretching your muscles, yoga also cultivates a wonderful sense of inner peace and serenity. Class format is dependent on the instructor and appropriate for all levels.

## Balance Yoga

Explore movement, freedom and posture support through range of motion stretching.