

Charrette Creek Commons

FITNESS CENTER

group exercise schedule

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

Schedule as of Tuesday, September 5, 2023. 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 or 636.928.3366 x9180.

Personal Training

To sign up, please contact Theri at t-repke@hotmail.com

Personal training packages expire six months from date of purchase.

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

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.*

Hours of Operation

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



Innsbrook

Class Descriptions

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.