

## **PILATES** **NEW!**

**Monday • 7:00pm to 7:50pm**

Pilates is a mind-body exercise method that focuses on core strength, posture, balance, flexibility, & healing through controlled movements & intentional breathing.

- \$2 for residents and \$4 for non-resident guests
- 50% off 10-punch pass
- FREE first class

## **HIGH FITNESS**

**Monday & Thursday • 8:00pm to 9:00pm**

High Fitness combines FUN (pop songs of old and new that everyone knows and loves) with INTENSITY (interval, plyometrics and cardio) with CONSISTENCY.

- \$2 for residents and \$4 for non-resident guests
- 50% off 10-punch pass
- FREE first class

## **YOGA**

**Wednesday • 4:00pm to 4:45pm • Kids Yoga**

Kids Yoga is designed for school aged children to learn breathing techniques, improve concentration, flexibility, and strength, as well as cultivate a healthy mindset for everyday life.

**Wednesday • 7:00pm to 8:00pm • Vinyasa Flow**

Vinyasa Flow is a fluid movement with your breath. The intention is to find balance in your mind, body, & spirit. Breathing, meditation, sun salutations, asana (poses), & savasana (final resting pose).

**Wednesday • 8:15pm to 9:15pm • Restorative**

This gentle class will guide you through Yin Yoga postures and mindful movements to achieve physical, mental, and emotional relaxation. You will leave class feeling refreshed and renewed.

- Adult: \$5 for residents & \$10 for non-resident guests
- Kids: \$3 for residents. No guests for Kids Yoga
- 50% off 10-punch pass
- FREE first class

## **WATER AEROBICS**

**Monday • 11:00am to 12:00pm • Low Impact**

**Saturday • 9:30am to 10:30am • Low Impact**

This pool-season class uses the natural resistance & buoyancy of water against your body to provide a wide variety for low to zero impact conditioning exercises in both deep & shallow water.

- \$2 for residents and \$4 for non-resident guests
- 50% off 10-punch pass
- FREE first class

## **GYM**

**Monday - Friday • 5:00am to 10:00pm**

**Saturday • 6:00am to 10:00pm**

**Sunday • 12:00pm to 6:00pm**

## **OTHER**

**Lap Swim, Swim Lessons,  
Swim Team, Parks,  
Playgrounds, Fields, & Trails**

### **REGISTRATION:**

Visit the lower level of the TMMA Clubhouse to receive your membership keyfob and check-in for all Community Center amenities.

### **KEYFOB REQUIRED**

All TMMA amenities require a keyfob membership. Please visit pool office at Clubhouse for setup.