

Class Descriptions:

All classes welcome all levels

Core Elements: A combination of resistance core and cardio. A class for all levels.

Buttz & Gutz: Tone and tighten your core and lower body using your own body weight, enhance your overall workout

INSANITY: Revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. Pushes participants to new training heights, resulting in more calories burned and faster results.

Kettlebell: Dynamic resistance training and endurance class. Ballistic movements involve acceleration with the kettlebell and improves strength, range of motion, and cardio fitness.

Pilates (Mat): Controlled breathing during movement. Builds core strength. Improves balance, flexibility and posture.

PiYo: Low impact, high intensity with Pilates and Yoga inspired moves set to a quick pace to help burn fat and sculpt long, lean muscles

Silver Sneakers: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance training, a chair is used for seated and/or standing support.

Spinning: The instructor conducts the class on stationary bikes. It includes intervals of high and low intensity, standing and sitting.

Strength Stretch: Sculpting and toning using equipment such as bands, weights, and medicine balls.

Tabata: Total body workout that focuses on lower & upper body and core providing both cardio and strength using the high intensity interval training 20-10 and 40-30-20 microburst protocol.

Tone it up: Strengthen and tone your upper body and lower body using weights.

Yoga: Learn and enjoy all the basic moves of yoga. Please bring your own mat.

Zumba: A fitness dance party using core function and fitness moves that will utilize you all over and more, a variety of fun.

Zumba Gold: Less intense version of Zumba for beginners and older adults.

CONTACT

To schedule an appointment or request information, please call the front desk or our Fitness Director, Kaylee Quinn, at: **860-563-8051** or visit us at:

www.thetenniscenters.com/TFCRH

“Invest in yourself...
Fitness for Health,
Tennis for a Lifetime”

Best in Rocky Hill

05, 06, 07, 08, 09, 10, 11,

Tennis & Fitness Center

Fitness
2017 - 2018



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WELCOME TO THE FITNESS CENTER AT RHTC!

Whether you are a beginner to exercise or an athlete, we are here to help you meet your fitness goals.

As a member, you will have access to our cardio equipment, free weights, certified instructors, group classes, and our spacious 2,500 sq ft aerobic room!

We can help you achieve a healthy lifestyle. Come see us today!

Fitness Center hours are:

Mon-Thurs -----5:00 am - 9:30 pm

Friday ----- 5:00 am - 8:00 pm

Saturday ----- 7:00 am - 4:00 pm

Sunday ----- 7:00 am -

Club Facilities

- Six Tennis courts: cushioned latexite surface
- 2,500 Sq Ft Aerobic Room
- All Six Tennis Courts have LED lighting
- Full 22 ft. separation between courts
- Locker rooms with showers & sauna
- Men's steam room
- Pro Shop: stringing, racquet repair
- Fitness Center
- Action Karate

CARDIO EXERCISE:

- Treadmills

- Ellipticals
- Bikes
- Cardio Tennis

STRENGTH TRAINING:

- Free Weights
- Weight Machines
- Cable Machines

GROUP CLASSES:

RHTC features over 30 group classes per week! As a Gold Member, you enjoy unlimited classes. We also offer \$5 drop in classes without membership. Look online or stop by for a group class schedule.

Cardio Tennis/ Core Elements/ Buttz & Guts/ INSANITY/ Kettlebell / Mat Pilates /Pickleball / PiYo Silver Sneakers / Spinning / Strength / Tabata / Tone It Up / Yoga / Zumba

Spinning:

The instructors conduct the class on stationary bikes and a newly renovated spin room. It includes intervals of high and low intensity, standing and sitting. Fast and intense and intended to increase cardiovascular endurance and burn calories pre and post workout.

THE TENNIS AND FITNESS CENTER
Of
ROCKY HILL

SIGNING UP:

Sign up in person at the fitness desk or over the phone.

All memberships require a One Year Contract. Options are paid in full or monthly. Please ask our front desk staff for details.

Gold Membership:

With the Gold Membership you have access to unlimited use of the Fitness Center and unlimited participation to group fitness classes

\$339.00 Paid in Full (12 Months)
\$25.00/ Month

Silver Membership:

With the Silver Membership you have access to unlimited use of the Fitness Center

\$239.00 Paid in Full (12 Months)
\$19.95/ Month

Family Members are eligible for add on discount

Silver Sneakers:

We participate in insurance covered programs such as Silver Sneakers, Silver and Fit, and Heathways. We offer Silver Sneaker classes Monday-Friday at 10:30am.

Personal Fitness Training:

1 Session
----- \$ 60
Package of 5
----- \$ 275
Package of 10
----- \$ 500
Package of 15
----- \$ 675