

Medford Therapy & Fitness – Fitness Center

Hours: Mon – Thurs: 5:30 am – 9:00 pm

Friday: 5:30 am – 5:30pm

Sat: 9:00 am – 5:00 pm

Sun: 10:00 am – 4:00 pm

Therapy Phone: 748-8112 Gym Phone: 748-8748

Fitness Classes (all classes are included in fitness memberships)

Mondays:	Step Challenge	5:30 – 6:15 am (Vickie)
	Fit for You	5:30 – 6:30 am (Therapy Staff)
	Basic Circuit Training	12:15 – 12:45 pm (Therapy Staff)
	Zumba	4:15 – 5:00 pm (Jen W)
	Cross Fit	5:15 – 6:15 pm (Laura)
	Group Pilates	6:30 – 7:30 pm (Gloria or Jenn R)
Tuesdays:	Boot Camp	5:30 – 6:15 am (Vickie)
	Equipment Switch	8:30 – 9:15 am (Jen W)
	Basic Circuit Training	11:15 – 11:45 am (Therapy Staff)
	Functional Core Training	12:00 – 12:30 pm (Therapy Staff)
	Step Challenge	4:15 – 5:00 pm (Jen W)
	Equipment Switch	5:15 – 6:15 pm (Laura or Candy)
Group Pilates	6:30 – 7:30 pm (Gloria or Jenn R)	
Wednesdays:	Zumba	5:30 – 6:15 am (Jen W)
	Fit for You	5:30 – 6:30 am (Therapy Staff)
	Zumba	4:15 – 5:00 pm (Marney)
	Cross Fit	5:15 – 6:15 pm (Laura)
	Group Pilates	5:30 – 6:30 pm (Gloria or Jenn W)
Thursdays:	Boot Camp	5:30 – 6:15 am (Jen W)
	Cardio Combo	8:30-9:15 am (Jen W)
	Basic Circuit Training	12:15 – 12:45 pm (Therapy Staff)
	Functional Core Training	12:00 – 12:30 pm (Therapy Staff)
	Equipment Switch	4:15 – 5:00 pm (Vickie)
	Group Pilates	6:30 – 7:30 pm (Gloria or Jen R)
Fridays:	Interval Training	5:30 – 6:15 am (Vickie)
	Fit for You	5:30 – 6:30 am (Therapy Staff)
	Basic Circuit Training	11:15 – 11:45 am (Therapy Staff)
	Zumba	4:15 – 5:00 pm (Marney)
Saturdays:	Interval Training	7:00 – 7:45am (Laura or Candy)
	Zumba	8:00 – 9:00 am (Paula or Jen W)

Group Exercise Class Descriptions

Interval Training: Full body workout with a combination of cardio, step, hi/lo, and strength training done in intervals. Class includes a warm-up, cardio, strength training, abs, cool down, and flexibility.

Step Challenge: Intermediate step aerobics class. Class also includes tabs, abs and stretching for flexibility.

Functional Core Training: 30-minute class emphasis on training the core for daily and sport activities.

Fit for You: Men & Women circuit training. Full body functional circuit training. 4-5 minute whole body warm-up, 40-minute full body circuit consists of 40 individual stations done for 45 seconds each, with emphasis on all major muscle groups and cardio in one program. End with 10 minute whole body stretching routine. Can vary intensity individually from low to high intensity.

Basic Circuit Training: 30-minute exercise program consisting of a 5 minute warm-up, 20 minutes of circuit training, and 5 minutes of stretching. Can work at your own intensity. Limit of 20 people.

Boot Camp: Intermediate to advanced level cardio & strength training drills done in intervals. Fun and co-ed.

Zumba: This is a fusion of Latin and International music with easy to follow dance steps. A cardio based workout with some components of resistance / sculpting training to tone the entire body.

Group Pilates: 30 or 60 minute classes focusing on core strength & flexibility with most exercises done on the mat. Great for all fitness levels.

Turbo Kick: Combines athletic moves, sports drills, and a hip-hop flavor, mixing it all together to the very best music. Great for all fitness levels.

Body Sculpting: 30 minute class focusing on toning all major muscle groups and core strengthening.

Cross Fit: A low-impact strengthening and conditioning class focusing on all the major muscle groups.

Cardio Dance: A fun, Cardio based class done to popular music. Easy to follow dance steps makes it a great workout for all fitness levels.

Equipment Switch: A full body workout for all fitness levels, incorporating a variety of strength training and cardio equipment.

**Fitness memberships are available daily, weekly, monthly or yearly.
For rates and more details, call 748-8112.**