

Class Schedule, Starts June 1st 2010

Monday

6:00-6:45a.m.	Bootcamp	PL	Mike
8:30-9:25a.m.	BodyVive®	GX2	Catherine
9:00-9:55a.m.	BodyStep®	GX1	Amy
9:40-10:25a.m.	Silver Sneakers®	GX2	Catherine
10:10-11:05a.m.	BodyFlow®	GX1	Heather
4:15-5:00p.m.	Crosstraining	GX1	Tadjia
5:15-6:00p.m.	Core Conditioning	GX1	Shannon
5:15-6:00p.m.	Latin Rythms	GX2	Hannah
6:15-7:00p.m.	Turbo Kick®	GX2	Shannon

Tuesday

6:00-6:45a.m.	Turbo Kick®	GX@	Tadjia
9:00-9:45a.m.	Step & Tone	GX1	Tadjia
9:00-9:45a.m.	Group Cycling	GX2	Mike
10:00-10:55a.m.	BodyPump®	GX1	Anne
10:00-10:45a.m.	Silver Sneakers®	GX2	Judy
11:00-12:00p.m.	Tai Chi	GX2	Roger/Judy
5:00-5:55p.m.	BodyStep®	GX1	Lora
6:10-7:05p.m.	BodyPump®	GX1	Lora
6:10-7:05p.m.	PiYo®	GX2	Judy

Wednesday

6:00-6:45a.m.	Bootcamp	PL	Mike
8:30-9:25a.m.	BodyVive®	GX2	Catherine
9:00-10:00a.m.	GI Jane	GX1	Mike
9:40-10:25a.m.	Silver Sneakers®	GX2	Catherine
4:15-5:00p.m.	Crosstraining	GX1	Tadjia
5:15-6:00p.m.	Core Conditioning	GX1	Tadjia
5:15-6:00p.m.	Latin Rythms	GX2	Hannah
6:15-7:10p.m.	BodyFlow®	GX1	Judy
6:15-7:00p.m.	Turbo Kick®	GX2	Tadjia

Thursday

6:00-6:45a.m.	Turbo Kick®	GX2	Tadjia
9:00-9:45a.m.	Step & Tone	GX1	Tadjia
9:00-9:45a.m.	Group Cycling	GX2	Mike
10:00-10:55a.m.	BodyPump®	GX1	Anne
10:00-10:45a.m.	Silver Sneakers®	GX2	Judy
10:30-11:30p.m.	Tai Chi	GX2	Roger/Judy
5:00-5:55p.m.	BodyStep®	GX1	Heather
6:10-7:05p.m.	BodyPump®	GX1	Heather
6:10-7:05p.m.	Yoga	GX2	Judy

Friday

6:00-6:45a.m.	Bootcamp	GX1	Mike
8:30-9:25a.m.	BodyVive®	GX2	Catherine
9:00-9:55a.m.	BodyStep®	GX1	Heather
9:40-10:25 a.m.	Silver Sneakers®	GX2	Catherine
10:10-11:05a.m.	BodyFlow®	GX1	Heather
:00-6:00 p.m.	Line Dancing	GX2	Hannah

Saturday

8:00-8:55 a.m.	BodyStep®	GX1	Amy
9:10-10:10 a.m.	BodyPump®	GX1	Anne

Sunday No classes scheduled

Bold time/classes indicate a class change.

**Must be at least 15 years old to attend BodyPump
All classes are subject to cancellation due to low attendance.**

Membership Rates

Individual	\$43
Family	\$65
Personal Trainer	\$50 an hour*
*Buy 5 Sessions get 1 Free!	
Initial Fitness Consult	Free
Joiner's Fee	Free
Classes (unless noted)	Free
Programs (unless noted)	Free
Towel Rental	Free
Wild Kids child care	Free
(while you work out)	

****Circuit Training**
available daily.** Free

Fitness Center Hours

Monday-Friday	6 a.m.-8 p.m.
Saturday	7 a.m.-3 p.m.
Sunday	1 p.m.-5 p.m.

Wild Kids Hours

Monday – Friday	8:30 – 11:30 a.m.
	4:30 – 7:30 p.m.
Saturday	8 – 11 a.m.
Sunday	Closed