

Fall Class Schedule, Starts Sept 6th 2011

Monday

6:00-6:45a.m.	Boot Camp	GX1	Mike
8:30-9:25a.m.	BodyVive®	GX2	Catherine
9:10-10:10a.m.	BodyStep®	GX1	Shannon
9:40-10:25a.m.	Silver Sneakers®	GX2	Catherine
10:15-11:00a.m.	KettleBell®	GX1	Shannon
4:15-5:00p.m.	Step and Tone	GX1	Tadjia
5:15-6:00p.m.	Core Conditioning	GX1	Mike
5:00-6:00p.m.	BodyVive®	GX2	Abby
6:15-7:00p.m.	Group Cycling	GX1	Mike
6:15-7:00p.m.	Body Flow®	GX2	Judy

Tuesday

6:00-6:45a.m.	Group Cycling	GX2	Hannah
9:10-10:00a.m.	Cardio & Tone	GX2	Shannon
9:00-9:45a.m.	Group Cycling	GX1	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

5:00-6:00p.m.	Zumba®	GX2	Hannah
6:10-7:05p.m.	BodyPump®	GX1	Linda

Wednesday

6:00-6:45a.m.	Boot Camp	GX1	Mike
8:30-9:25a.m.	BodyVive®	GX2	Catherine
8:30-9:30a.m.	GI Jane (\$10 fee)	GX1	Mike
9:40-10:25a.m.	Silver Sneakers®	GX2	Catherine
10:30-11:25a.m.	BodyFlow®	GX1	Judy

4:15-5:00p.m.	Step and Tone	GX1	Tadjia
5:15-6:00p.m.	Core Conditioning	GX1	Mike
5:00-6:00pm	Body Vibe®	GX2	Abby
6:15-7:00p.m.	Group Cycling	GX2	Mike
6:15-7:00p.m.	BodyFlow®	GX1	Judy

Thursday

6:00-6:45a.m.	Group Cycling	GX2	Hannah
9:10-10:00a.m.	Cardio & Tone	GX2	Shannon
9:00-9:45a.m.	Group Cycling	GX1	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

5:00-6:00p.m.	Zumba	GX2	Hannah
6:10-7:05p.m.	BodyPump®	GX1	Linda

Friday

6:00-6:45a.m.	Boot Camp	PL	Mike
8:30-9:25a.m.	BodyVive®	GX2	Catherine
9:10-10:10a.m.	BodyStep®	GX1	Shannon
9:40-10:25 a.m.	Silver Sneakers®	GX2	Catherine
10:15-11:00a.m.	KettleBell®	GX1	Shannon

Saturday

9:15-10:15 a.m.	BodyPump®	GX1	Anne
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Sunday No classes scheduled

Silver Sneakers® classes are Muscular Strength and Range of Movement M/W/F & Cardio Circuit
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 (while you work out)	Free

Personal Training and Nutritional Services Available Ask member services for details.

Fitness Center Hours

Monday-Thursday	5 a.m.-9 p.m.
Friday	5 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.
	4:15 – 7:30 p.m.
Saturday	8 – 11 a.m.
Sunday	Closed