



Revised 02/06/10

FITNESS CENTER

Group Fitness Schedule

Classes are included with Full Membership drop in price \$10.00 per class.
Punch Card Pass \$49.00 for 8 classes

WATER AEROBICS:

An excellent aerobic workout that allows you to work every muscle group. Work at your own pace and intensity while the water cools you off!

Monday	9:30 am - 10:30 am
Tuesday Session A	9:00 am – 10:00 am
Tuesday Session B	6:00 pm - 7:00 pm
Wednesday	9:30 am - 10:30 am
Thursday Session A	9:00 am – 10:00 am
Thursday Session B	7:00 pm - 8:00 pm
Friday	9:30 am - 10:30 am

YOGA/PILATES:

This is a stimulating workout for the mind, body and spirit combines moves for strength and flexibility. All levels welcome. Yoga mats are not provided.

Monday	6:00 pm - 7:00 pm
Wednesday	6:00 pm – 7:00 pm
Saturday	9:00 am – 10:00 am

CHAIR YOGA

Chair Yoga is one of the gentlest forms of yoga available.
All levels are welcome. Chairs are provided.

Tuesday & Thursday	9:00 am – 10:00 am
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