

Teen-Adult Fitness - ALL-INCLUSIVE PROGRAMS

Session Dates: November 9, 2009 - January 31, 2010 (10 weeks)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35am (Studio)	Spinning NEW		Power Pilates		Power Pilates	Beginner Pilates 7am	
9:15am (Wt. Room)	Women & Weights*		Women & Weights*		Women & Weights*	Anything Goes w/Lisa Johanson - 8am	
9:15am (Studio)	Beginner Pilates	Step & Sculpt	Intermediate Pilates	NEW ZUMBA	IM=X Pilates	Step & Sculpt 9am	IM=X Pilates 8:30am
9:15am (gym)	Total Body		Cross Training w/Daniel - 9:30am	Women & Weights* 10:30am	Boost & Burn	ZUMBA 10am	ZUMBA 9:30am NEW
10:30am		SilverSneakers® II Cardio Circuit		SilverSneakers® II Cardio Circuit			
10:30am (studio)	Latin Moves w/Kate	Women & Weights* 1pm	Hatha Yoga	Women & Weights* 1pm		Beginner-Advanced Fencing - 12 noon	
12 noon (Studio)	SilverSneakers® I Muscular Strength & Range of Movement	Beginner Pilates 4:30pm	SilverSneakers® I Muscular Strength & Range of Movement	Beginner Pilates 4:30pm	Women & Weights* 7:30pm	Child Watch Mon. - Sat. 9:00am - 11:30am Mon. - Thurs. 5:15pm - 7:30pm	
5:30pm (Studio)	Power Pilates	SilverSneakers® I Muscular Strength & Range of Movement	DRUMS* 6yrs+/4:30p	Spinning			
6:15pm	Teen/Adult Guitar*		Anusara Yoga 5:30pm				
6:30pm (Studio)	Body Shapes	Hatha Yoga	Step & Sculpt	ZUMBA			
7:30pm	Teen/Adult Karate* 90 min.	Women & Weights*	Teen/Adult Karate* 90 min./Gym	Women & Weights* 6:30pm			

LifeStyle Classes:

LIFESTYLE CLASSES indicated with an asterisk* and are not inclusive.

FEES: Membership +

Teen/Adult Karate 1x wk \$90/2x wk \$171

Teen/Adult Guitar/Drums \$85

Women & Weights 1x wk \$70/2x per wk \$133/3x per wk \$196

Check the front desk for Fitness Class schedule
between December 21st - 31st.

Schedule is subject to change.

**CLASSES ARE INCLUDED WITH FULL MEMBERSHIP
EXCLUDING LIFESTYLE PROGRAMS
PROGRAM MEMBERS PAY \$10 PER CLASS**