

# Teen-Adult Fitness - ALL-INCLUSIVE PROGRAMS

Session Dates: February 1, 2010 - April 18, 2010 (11 weeks)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35am (Studio)		Spinning	Power Pilates	Winter Warriors* 5:45am	Power Pilates	Beginner Pilates 7am	Winter Warriors* 7:00am
9:15am	Women & Weights*		Women & Weights*	<b>NEW</b> Thighs, Butts & Guts+	Women & Weights*	Anything Goes w/Lisa Johanson - 8am	Boot Camp 7:30am
9:15am (Studio)	Beginner Pilates	Step & Sculpt	Intermediate Pilates	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	
10:30am		SilverSneakers® II Cardio Circuit	Yoga Flow <b>NEW</b>	SilverSneakers® II Cardio Circuit	Restorative Yoga <b>NEW</b>		
10:30am (studio)	ZUMBA/Latin Moves w/Kate	Women & Weights* 1pm		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	<b>Child Watch</b> Mon. - Sat. 9:00am - 11:30am Mon. - Thurs. 5:15pm - 7:30pm	
5:30pm (Studio)	Power Pilates	SilverSneakers® I Muscular Strength & Range of Movement		Spinning			
6:15pm	Teen/Adult Guitar*		Anusara Yoga 5:30pm				
6:30pm (Studio)	Body Shapes	<b>NEW</b> Aerobics/Step (30/30)	Body Shapes	ZUMBA			
7:30pm	Teen/Adult Karate* 90 min.	Women & Weights*	Teen/Adult Karate* 90 min./Gym	Women & Weights* 6:30pm			

**WINTER WARRIORS** - Train 2x a week for a 5K run in 10 weeks.  
 Game Plan: 2 weekly runs (1 long run at a local park) for 9 weeks;  
 individualized training plans; run a 5K race in the 10th week.

Schedule is subject to change.

## LifeStyle Classes:

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

## FEES: Membership +

Teen/Adult Karate 1x wk \$102/2x wk \$193.80

Teen/Adult Guitar/Drums \$88

Women & Weights 1x wk \$79/2x per wk \$150.10

Winter Warriors \$100

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