

<u>Day</u>	<u>Class</u>	<u>Instructor</u>	<u>Level</u>	<u>Location</u>	<u>Fee</u>
Monday					
8:30-9:30am	Yoga	Teresa	All	Aerobics Room	Free Mem & \$40 Non-M/Mo
9:45-10:30am	Water Aerobics	Donna	All	Pool	Free Mem & \$40 Non-M/Mo
9:45-10:45am	Senior Fit	Pam	Beginner	Aerobics Room	Free Mem & \$40 Non-M/Mo
4:00-5:00pm	Kid Fit	Eli/Ashley	Beginner	Aerobics/Gym	\$50 Mem \$70 Non mem
5:00-6:00pm	Tone & Fit	Mary	All	Kid Fit	Free Mem & \$40 Non-M/Mo
Tuesday					
9:45-10:30am	Water Aerobics	Donna	All	Pool	Free Mem & \$40 Non-M/Mo
3:00-4:00pm	Learn to Lift	Ashley/Joey	Beginner	Fitness Center	\$50 Members
4:00-5:00pm	Kid Fit	Eli/Ashley	Beginner	Aerobics/Gym	\$50 Mem \$70 Non mem
5:30-6:30pm	Low Step Aerobics	Mary	All	Aerobics Room	Free Mem & \$40 Non-M/Mo
7:00-8:00pm	Karate	Bryan	All	Racketball room	\$20 Mem & \$40 Non-Mem
7:00-8:00pm	Spin Class	Jessica	All	Aerobics Room	Free Mem & \$10 Non-M/class
Wednesday					
9:45-10:30am	Water Aerobics	Donna	All	Pool	Free Mem & \$40 Non-M/Mo
9:45-10:45am	Senior Fit	Pam	Beginner	Aerobics Room	Free Mem & \$40 Non-M/Mo
5:00-6:00pm	Tone & Fit	Mary	All	Kid Fit	Free Mem & \$40 Non-M/Mo
6:00-7:00pm	Pound Class	Jen	All	Aerobics Room	Free Mem & \$40 Non-M/Mo
Thursday					
9:45-10:30am	Water Aerobics	Donna	All	Pool	Free Mem & \$40 Non-M/Mo
4:00-5:00pm	Kid Fit	Eli/Ashley	Beginner	Aerobics/Gym	\$50 Mem \$70 Non mem
5:30-6:30pm	Low Step Aerobics	Mary	All	Aerobics Room	Free Mem & \$40 Non-M/Mo
7:00-8:00pm	Spin Class	Jessica	All	Aerobics Room	Free Mem & \$10 Non-M/class
Friday					
8:30-9:30am	Yoga	Teresa	All	Aerobics Room	Free Mem & \$40 Non-M/Mo
4:15-5:45pm	Swim Lessons	Jamie	Beginner	Pool	\$25 Mem & \$50 Non-Mem/mo
Saturday					
10:00-11:00am	Bootcamp	Jean Paul	All	Aerobics Room	Class: \$10/\$20 Monthly: \$35/\$70
Sunday					
1-1:30pm	Tai-Chi	Kevin Upton	all	Aerobics Room	Free mem & \$20 non-M/Mo

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CLASS PASS for Non-Members \$10



