

# Fall Fitness Schedule

ALL PARTICIPANTS MUST REGISTER WITH THE FRONT DESK EACH SESSION  
September 12<sup>th</sup>-October 29<sup>th</sup>

TIME	MON	TUES	WED	THURS	FRI
7:00am	<b>SilverSneakers® Cardio Circuit-e</b>	<b>SilverSneakers® Cardio Circuit-e</b>	<b>SilverSneakers® Cardio Circuit-e</b>	<b>SilverSneakers® Cardio Circuit-e</b>	
8:00 am	<b>Aquasize-p</b>	<b>Aquasize-p</b>	<b>Aquasize-p</b>	<b>Aquasize-p</b>	
8:30 am	<b>SilverSneakers® Muscular Strength &amp; Range of Movement</b>		<b>SilverSneakers® Muscular Strength &amp; Range of Movement</b>		
9:00 am	<b>Deep water-p</b>	<b>The Y Workout-e</b>	<b>Deep water-p</b>	<b>The Y Workout-e</b>	<b>Aquatic Master Class-p</b>
9:15 am					<b>Yoga-e</b>
9:30 am	<b>Aquasize-p Gentle Yoga-e</b>		<b>Aquasize-p</b>		
10:15am		<b>Tai Chi-e</b>			
10:30 pm	<b>Warm Water Exercise -p</b>	<b>Warm Water Exercise -p</b>	<b>Warm Water Exercise -p</b>	<b>Warm Water Exercise -p</b>	<b>Warm Water Exercise -p</b>
5:00 pm					
5:15 pm		<b>Strength Training- e</b>			
5:30 pm	<b>Aquafit-p Bootcamp-e</b>		<b>Aquafit-p</b>	<b>Aquafit-p</b>	
6:00 pm		<b>Kickboxing-e</b>		<b>Zumba-e*</b>	
6:30 pm	<b>Aquasize-p</b>	<b>Aquasize-p</b>	<b>Aquasize-p</b>	<b>Aquasize-p</b>	

\*Specialty Class-additional fee for both members and non members

FITNESS CLASS FEES (7 WEEK SESSION):

THERE IS A WEEK BREAK IN BETWEEN EACH SESSIONS FOR MAKE UP!

SPECIAL NOTES: e-exercise room/p-pool/b-boxing room /a-afterschool/n-nursery

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(Classes may be cancelled do to low registration/6 person minimum per class)

3 Day Classes: Full Members-free /Program Members \$135

2 Day Classes : Full Members-free/ Program Members \$90

1 Day Class: Full Members -free / Program Members \$45

Drop in \$9.00 per class (Maximum 3 times per session/per class)

PROGRAMS BY APPOINTMENT (Call to schedule)

Racquetball: full members free/ guest pass \$9

Nutrition Counseling: (members only) full \$25, program \$50

Fitness Testing: (members only), full \$15, program \$20 Personal Training: (members only), full \$25, program \$50

Workout Center orientations: (full members only) free

