

Summer Fitness Schedule

ALL PARTICIPANTS MUST REGISTER WITH THE FRONT DESK EACH SESSION

* THESE CLASSES REQUIRE ADDITIONAL FEE

TIME	MON	TUES	WED	THURS	FRI
7:00 am	Silver Sneakers® Cardio Circuit-e	Silver Sneakers® Cardio Circuit-e	Silver Sneakers® Cardio Circuit-e	Silver Sneakers® Cardio Circuit-e	
7:30 am	Aquasize-p		Aquasize-p		
8:00 am		Aquasize-p		Aquasize-p	
8:30 am	Silver Sneakers®- Muscular Strength- e Deep water-p		Silver Sneakers® Muscular Strength -e Deep water-p		Aquatic Master Class-p
9:00 am				Y Workout-e	
9:15 am		Y Workout-e			Yoga-d
9:30 am	Aquasize-p Yoga-n		Aquasize-p		
9:45 am	Walk it off-o		Walk it off-o		
10:15am		Tai Chi-e			
10:00 am	Arthritis-p	Arthritis-p	Arthritis-p	Arthritis-p	Arthritis-p
5:15 pm		Strength Training- e		Strength Training-e	
5:30 pm	Aquafit-p		Aquafit-p Zumba-e*	Aquafit-p	
6:00 pm	Bootcamp-e	Kickboxing-e			
6:30 pm	Aquasize-p	Aquasize-p	Aquasize-p	Aquasize-p	
7:00 pm		Linedancing-e*			

SPECIAL NOTES:e-exercise room/p-pool/b-boxing room // n-nursery /o-outside/d-downstairs

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

FITNESS CLASS FEES (7 WEEK SESSION): THERE IS A WEEK BREAK IN BETWEEN EACH SESSIONS FOR MAKE UP!

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

Workout Center orientations: (full members only) free

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

Fitness Testing: (members only), full \$15, program \$20

Personal Training: (members only), full \$25, program \$50