



Revised 01/14/2011

## FITNESS CENTER

# Group Fitness Schedule

Classes are included with Full Membership

\$10.00 per class

Punch Card Pass \$49.00 for 8 classes

(punch cards are good for one class type)

### WATER AEROBICS:

An excellent aerobic workout that allows you to work every muscle group.

Work at your own pace and intensity while the water cools you off!

Monday Session A	9:30 am – 10:30 am
Monday Session B	6:00 pm – 7:00 pm
Tuesday Session A	9:00 am – 10:00 am
Tuesday Session B	6:00 pm – 7:00 pm
Wednesday Session A	9:30 am – 10:30 am
Wednesday Session B	6:00 pm – 7:00 pm
Thursday Session A	9:00 am – 10:00 am
Thursday Session B	7:00 pm – 8:00 pm
Friday	9:30 am – 10:30 am

### YOGA

This is a stimulating workout for the mind, body and spirit combines moves for strength and flexibility.  
All levels welcome. Yoga mats are not provided.

Monday	6:00 pm – 7:00 pm
Tuesday	7:15 pm – 8:15 pm
Wednesday	6:00 pm – 7:00 pm
Saturday	9:00 am – 10:00 am

### CHAIR YOGA

Chair Yoga is one of the gentlest forms of yoga available. All levels are welcome. Chairs are provided.

Tuesday & Thursday	8:15 am – 9:15 am
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### ZUMBA GOLD

The low impact, easy to follow, Latin-inspired dance fitness party that keeps you in the groove of life.

Monday & Friday 8:30 am – 9:30 am	Thursday Nights 7:00 pm – 8:00 pm
Starting January 27, 2011	