

CLASSES

FITNESS

Fall/Winter 2013

MON	TUE	WED	THUR	FRI	SAT
6:15 - 7:15am Women's Boot Camp Jim Turner Pay Instructor	7 am - 8 am Fukien Shaolin Tai Chi Daniel Persona \$4.00/Sr. \$2.00	6:15 - 7:15am Women's Boot Camp Jim Turner Pay Instructor	7 am - 8 am Fukien Shaolin Tai Chi Daniel Persona \$4.00/Sr. \$2.00	6:15 - 7:15am Women's Boot Camp Jim Turner Pay Instructor	8:15-9:30am Hatha Flow Yoga Mixed Level Edie Tsong \$4.00/Sr.\$2.00
8-9:30am Yoga Laurence Lisa Lebretron \$4.00/Sr.\$2.00	8:15-9:30 am Pilates Fusion Debbi Widrick \$4.00/Sr.\$2.00	8-9:30 am Yoga Laurence Lisa Lebretron \$4.00/ Sr.\$2.00	8:15-9:30 am Pilates Fusion Debbi Widrick \$4.00/Sr.\$2.00	8-9:00 am Yoga Laurence Lisa Lebretron \$4.00/ Sr.\$2.00	10:30 am - 12:00 pm Hatha Yoga Elizabeth Wright \$4.00/ Sr. \$2.00
10-11:15am Low Impact Aerobics (gym) Julie \$5.00	9:45 -11:00am Gentle Yoga Patti \$4.00/Sr.\$2.00	10-11:15am Low Impact Aerobics (gym) Julie \$5.00	12-1:00pm Body Sculpt Julie (gym) \$5.00	10-11:00am Low Impact Aerobics Fernando \$4.00/Sr.\$2.00	12:00 - 1:00 pm White Dragon Kung Fu Neils van Hecke \$4.00/Sr. \$2.00
11:30-12:30pm Beginner Pilates Julie \$5.00	11:05 - 11:50 am Bone Density/Core Ursula \$4.00/Sr. \$2.00	12-1:00pm High/Low Aero & Body Sculpting Nancy \$4.00/Sr.\$2.00	1-1:30pm Yoga Julie \$5.00	11-12:00pm Julie Zumba \$4.00/Sr.\$2.00	
12:30-1:30pm Intermediate Pilates Julie \$5.00	12 - 12:50 Zumba Gold Ursula \$4.00/Sr. \$2.00	1:45 - 2:45pm Arthritis Tai Chi Kathy Smith	5:30-6:55pm Body Sculpt Fernando \$4.00/Sr.\$2.00	12:00-1:00pm Intermediate Pilates Julie \$5.00	
1:45 - 2:45pm Arthritis Tai Chi Kathy Smith	12-1:00pm Body Sculpt Julie (gym) \$5.00	4:00-5:20pm Modern Jazz Julie \$5.00		3:00 pm - 5:00 pm Table Tennis Open to all Drop In Fee	
3:00 pm - 5:00 pm Table Tennis Open to all Drop In Fee	1-1:30pm Yoga Julie \$5.00	5:30-6:30pm Multi-Level Pilates Julie \$5.00		7:00 - 8:00 pm White Dragon Kung Fu Neils van Hecke \$4.00/Sr. \$2.00	
5:30-6:45 pm High/Low Aero & Body Sculpting Nancy \$4.00/Sr.\$2.00	5:30-6:55pm Body Sculpt Fernando \$4.00/Sr.\$2.00	7:00 - 8:00 pm White Dragon Kung Fu Neils van Hecke \$4.00/Sr. \$2.00			

FITNESS HOURS MONDAY – FRIDAY 6 AM – 8:30 PM SATURDAY 8 AM – 4 PM SUNDAY –CLOSED
CLASS MEMBERSHIPS: 10 CLASSES FOR \$39.00 / SR. \$19.00 EXCLUDES INSTRUCTOR PAID CLASSES!

Julie's Classes \$5.00 ea. Unless otherwise stated.

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