

**Evening  
Classes**

# Winter Fitness Class Schedule

January 2nd - March 18<sup>th</sup> (11 Weeks)

Updated: 01/17/12

MONDAY					
4:10PM	Zumba®	\$76/\$71	110544-02	Jan	Studio 2
5:20	Step and Strength	\$58/\$53	110514-01	Tina	Studio 2
5:20	Total Body Workout	\$58/\$53	110502-05	Kathy	Studio 1/GAR
6:25	Cardio Groove	\$58/\$53	110504-01	Tina	Studio 1
6:30	Reving	\$76/\$71	110512-01	Jen	GAR
6:25	Core Fusion	\$58/\$53	110531-01	Adrienne	Studio 2
7:30	Power Pump	\$58/\$53	110523-04	Jen	Studio 1
7:30	Zumba®	\$76/\$71	110544-10	Adrienne	Studio 2
8:35	Aqua Splash	\$58/\$53	110522-02	Sara	Pool
TUESDAY					
5:05	Aqua Splash	\$58/\$53	110522-04	Mary H	Pool
5:20	Mind/Body Yoga	\$90/\$85	110506-03	Terrie	Studio 1
5:20	Power Pump	\$58/\$53	110523-03	Mary P	Studio 2
6:25	Pilates	\$90/\$85	110507-03	Gretchen	Studio 1
6:25	Cardio Kickboxing	\$58/\$53	110501-01	Mary P	Studio 2
7:30	Total Body Workout	\$58/\$53	110502-04	Jen	Studio 1
7:30	Cardio Bosu with a Pump!	\$58/\$53	110542-01	Mary P	Studio 2
WEDNESDAY					
5:15	Step It Up	\$58/\$53	110516-03	Mary P	Studio 2
5:20	Yogalates	\$90/\$85	110525-02	Sarah/Wendy	Studio 1
6:00	Boot Camp	\$58/\$53	110532-02	Holly	Studio 1/GAR
6:25	Reving	\$76/\$71	110512-05	Mary P	GAR
6:30	Power Pump	\$58/\$53	110523-05	Jen	Studio 2
7:00	Mind-Body Yoga (75 min.)	\$90/\$85	110506-06	Kathy	Studio 1
7:30	Zumba Toning®	\$76/\$71	110544-09	Ali	Studio 2
8:35	Aqua Splash	\$58/\$53	110522-06	Meg	Pool
THURSDAY					
4:00PM	Arthritis Foundation Aquatic Program	\$58/\$53	110164-02	Fran	Pool
4:15	Reving	\$76/\$71	110512-03	Mary P	GAR
5:05	Aqua Splash	\$58/\$53	110522-08	Mary H	Pool
5:20	Yoga Strength	\$90/\$85	110524-01	Mary P	Studio 1
5:20	Power Pump	\$58/\$53	110523-07	Adrienne	Studio 2
6:25	Cardio Kickboxing	\$58/\$53	110501-03	Adrienne	Studio 2
6:25	Pilates (Intermediate)	\$90/\$85	110511-01	Gretchen	Studio 1
7:30	Mind-Body Yoga	\$90/\$85	110506-05	Gretchen	Studio 1
7:30	Zumba®	\$76/\$71	110544-03	Tina	Studio 2
FRIDAY					
4:30PM	Zumba®	\$76/\$71	110544-04	Jan	Studio 2
SUNDAY					
5:00PM	Candlelight Yoga	\$90/\$85	110537-01	Terrie	Studio 1
6:15	Perinatal Yoga	\$90/\$85	110508-01	Terrie	Studio 1

FULL



**Annual  
Members  
receive  
30% OFF  
Fitness Classes!**  
*(Some exclusions apply)*

# Winter Fitness Class Schedule

Morning  
Classes

Updated: 01/17/12

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MONDAY					
5:35AM	Total Body Workout	\$58/\$53	110502-01	Chris	GAR
8:15	Silver Splash SilverSneakers®	\$58/\$53	110162-01	Fran	Pool
8:30	Classic Core Conditioning	\$58/\$53	110539-01	Adrienne	Studio 2
8:30	MSROM SilverSneakers®	\$58/\$53	110161-01	Karen	Studio 1
9:15	Aqua Splash	\$58/\$53	110522-01	Sue	Pool
9:30	Circuit	\$58/\$53	110505-01	Karen	GAR/Studio 1
9:30	Core Fusion	\$58/\$53	110531-03	Adrienne	Studio 2
11:40	Mind/Body Yoga	\$90/\$85	110506-01	Terrie	Studio 2
TUESDAY					
5:35AM	Power Pump	\$58/\$53	110523-01	Chris	Studio 2
8:30	Mind/Body Yoga	\$90/\$85	110506-02	Gretchen	Studio 1
8:30	Power Pump	\$58/\$53	110523-02	Mary P	Studio 2
9:15	Aqua Splash	\$58/\$53	110522-03	Meg	Pool
9:30	Step It Up	\$58/\$53	110516-01	Mary P	Studio 2
10:40	Zumba Gold®	\$58/\$53	110544-05	Wanda	Studio 2
11:40	Strength Training	\$58/\$53	110541-01	Wanda	Studio 2
1:30PM	MSROM SilverSneakers®	\$58/\$53	110161-03	Meribeth	Studio 1
WEDNESDAY					
5:35AM	Total Body Workout	\$58/\$53	110502-02	Chris	Studio 2
8:30	MSROM SilverSneakers®	\$58/\$53	110161-02	Wanda	Studio 1
8:30	Classic Cardio Conditioning	\$58/\$53	110539-02	Adrienne	Studio 2
9:15	Aqua Splash	\$58/\$53	110522-05	Trish	Pool
9:30	Cardio Circuit SilverSneakers®	\$58/\$53	110505-02	Karen	Studio 1
9:30	Zumba®	\$76/\$71	110544-07	Wanda	Studio 2
10:30	Revvng	\$76/\$71	110512-04	Karen	GAR
10:30	Yoga Stretch - SilverSneakers®	\$58/\$53	110163-03	Wanda	Studio 1
THURSDAY					
5:35AM	Core Fusion	\$58/\$53	110531-02	Chris	Studio 2
8:15	Aqua Flow	\$58/\$53	110521-01	Sue	Pool
8:30	Pilates	\$90/\$85	110507-02	Gretchen	Studio 1
8:30	Power Pump	\$58/\$53	110523-06	Mary P	Studio 2
9:15	Aqua Splash	\$58/\$53	110522-07	Sue	Pool
9:30	Step It Up	\$58/\$53	110516-04	Mary P	Studio 2
9:30	Mind/Body Yoga	\$90/\$85	110506-07	Gretchen	Studio 1
9:30	Tai Chi for Health	\$58/\$53	110235-01	Kari	Beachcomber
11:40	Strength Training	\$58/\$53	110541-02	Wanda	Studio 2
12:45PM	Gentle Yoga	\$90/\$85	110166-02	Wanda	Studio 2
1:45PM	MSROM SilverSneakers®	\$58/\$53	110161-04	Wanda	Studio 1
FRIDAY					
5:35AM	Total Body Workout	\$58/\$53	110502-03	Chris	GAR
8:15	Silver Splash SilverSneakers®	\$58/\$53	110162-02	Fran	Pool
8:30	Classic Strength Conditioning	\$58/\$53	110539-03	Adrienne	Studio 2
8:30	Zumba®	\$76/\$71	110544-08	Wanda	Studio 1
9:15	Aqua Splash	\$58/\$53	110522-09	Sue	Pool
9:30	Circuit	\$58/\$53	110505-03	Karen	Studio 2
9:30	Yoga Stretch - SilverSneakers®	\$58/\$53	110163-02	Wanda	Studio 1
10:30	Zumba Gold®	\$58/\$53	110544-11	Wanda	Studio 2
SATURDAY					
8:30AM	Zumba®	\$76/\$71	110544-06	Ali	Studio 2
8:15	Revvng	\$76/\$71	110512-08	Jenn T.	GAR
9:30	Power Pump	\$58/\$53	110523-09	Wendy	Studio 2
9:30	Kids' Yoga	\$45/\$40	110245-01	Terrie	Beachcomber
9:30	Kettlebell Training (No class 01/14)	\$69/\$64	110528-04	Jenn T.	Studio 1
10:30	Mind Body Yoga	\$90/\$85	110506-04	Terrie	Studio 1
SUNDAY					
8:30AM	Revvng	\$76/\$71	110512-09	Mike	GAR
1:00PM	Latin Hip Hop	\$76/\$71	110545-01	Ninoska	Studio 2

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