



Group Fitness Schedule – Winter 2012

Winter Schedule Runs: 1/7– 2/23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Boot Camp 6:15-7:15am <i>*Specialized</i>		Boot Camp 6:15-7:15am <i>*Specialized</i>		Zumba 8:30-9:30am <i>*Specialized</i> Erin
AM	Rev it UP! 9-10am Sammy	Total Body Sculpting 9-10am <i>*Specialized</i>	Stability Ball Toning 9-10am Kristen		Yogalates 9-10am Kristen	Beginning Hatha Yoga 10-11:30am Hope
	Silver Sneakers 10:15- 11:00am Michael		Silver Sneakers 10:15- 11:00am Terri		Silver Sneakers 10:15- 11:00am Margaret	
	6-Pack Abs 5:15-5:45pm Margaret	Interval Training 5:15-6 pm Sammy	Golf Conditioning 5:15- 6::15pm Michael	Butt & Gut 5:15-6pm Heather		
PM	Mat Pilates 6-7pm Meeting Margaret	Group Cycle 6:10-6:55pm Chawn		BOSU Combo 6:10-7pm Heather		
	Zumba 7:15-8pm <i>*Specialized</i> Jonelle	Advanced Mat Pilates 7-8pm <i>*Specialized</i>	Intermediate Hatha Yoga 6:30-8pm Hope	Zumba 7:15-8pm <i>*Specialized</i> Erin		

Non-Member Options:

7 Week Specialized Registration

Resident: \$51

Non-Resident: \$56

Drop-in Registration:

Resident: \$9 / Non-resident: \$12

10 Punch Passports:

Resident: \$50

Non-resident: \$60

Basic Class = 1 Punch

**Specialized Class- Participants must pay an additional fee to join.*