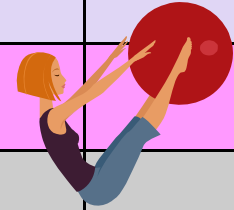


# Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Zumba</b> 9:30-10:30 AM Amy	<b>Body Sculpting</b> 9:30-10:30 AM Ella	<b>Yogalates</b> 9:30-10:30 AM Patti	<b>Pilates Plus</b> 8:00- 9:00 AM Patti (class will begin at 8:30 AM starting Sept. 19th)
	<b>Kickboxing</b> 9:00-10:00 AM Mary Lou	<b>Zumba</b> 6:00-7:00 PM Amy			
<b>Cheer Camp</b> 5:00-6:00 PM Sherry	<b>Body Sculpting</b> 6:00-7:00pm Patti	<b>Abs 'n Core</b> 7:15-7:45pm Latoya			
<b>Pilates Plus</b> 6:00-7:00 PM Ella	<b>Cardio Kickboxing</b> 7:30 PM Latoya	<b>Body Sculpting</b> 8:00 PM Latoya	<b>Circuit Training</b> 6:00-7:00 PM Latoya		



- Group Exercise Classes are Free for members and non-members can pay \$5.00.
- Boot Camp, Vinyasa and Better Backs Yoga are offered as well for additional charges. Please see below for details

## Vinyasa Yoga

Session 1: September 14-18 (13490)  
 Session 2: Oct. 5-26 (13491)  
 Session 3: Nov. 2-30 (13492)  
 Session 4: Dec 7-21 (13493)

Mondays  
 7:15-8:15 PM  
 \$35 for session 1 & 4  
 \$45 for session 2  
 \$55 for session 3

## Better Backs Yoga

Session 1: Sept. 8-29 (13506)  
 Session 2: Oct 6-27 (13507)  
 Session 3: Nov. 3-24 (13508)  
 Session 4: Dec. 1-22 (13509)

Tuesday  
 6:15-7:15 PM  
 \$45

## Boot Camp

Session 1: Sept. 2-30 (13486)  
 No class Sept 7  
 Session 2: Oct. 5-30 (13487)  
 Session 3: Nov. 2-30 (13488)  
 (no class 11,27)  
 Session 4: Dec. 2-Dec 18 (13489)

Monday, Wednesday, Friday  
 5:30 AM-6:30 AM  
 \$60 session 1 & 2  
 \$55 session 3  
 \$40 session 4

## Teen Yoga

(ages 12-17)

Session 1: Sept. 2-30 (13510)  
 Session 2: Oct. 7-28 (13511)  
 Session 3: Nov 4-Dec 16 (13512)  
 (no class Nov 11,25)

Wednesday  
 5:30-6:30 PM  
 \$55 for session 1 & 2  
 \$45 for session 2



**\*NEW\***



## Youth Fit

(ages 10-14)

Sept 29- Oct. 20  
 Tuesday and Thursday  
 5:00-6:00 PM  
 (14132)  
 \$85

