

Group Exercise Schedule

Classes will start on August 16th and run for 7 weeks. This schedule will be good through October 2nd. Sign-ups start on Monday, August 2nd for members and Wednesday August 4th for non-members

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:00am-6:55	Cycling* <i>Instructed by:</i> Mark	Group Strength <i>Instructed by:</i> Ken		Group Strength <i>Instructed by:</i> Ken		
8:05am - 9:00						20/20/20 <i>Instructed by:</i> Kathy C.
8:35am - 9:30	AMA- Walk, Talk & Tone <i>Instructed by:</i> Kathy M.	Toning 101 <i>Instructed by:</i> Judy	AMA- Walk, Talk & Tone <i>Instructed by:</i> Kathy M.	Toning 101 <i>Instructed by:</i> Judy	Yoga 101 ** <i>Instructed by:</i> Kathy M	Cycling* <i>Instructed by:</i> Mark
9:35am - 10:30	20/20/20 <i>Instructed by:</i> Kathy M.	AMA - Yoga Stretch ** <i>Instructed by:</i> Dani	Pilates ** <i>Instructed by:</i> Kathy M.	AMA- Muscular Strength and Range of Motion <i>Instructed by:</i> Dani	Cardio Mix <i>Instructed by:</i> Kathy C.	
11:00am-11:55		AMA- Muscular Strength and Range of Motion <i>Instructed by:</i> Dani		AMA - Yoga Stretch ** <i>Instructed by:</i> Dani		
5:05pm - 6:00	Yogalates** <i>Instructed by:</i> Trish		Yogalates ** <i>Instructed by:</i> Trish			
5:30pm- 6:25				Core & Cycle <i>Instructed by:</i> JoAnne		
6:05pm-7:00	Pilates ** <i>Instructed by:</i> Kathy M.	Hi/Lo Aerobics <i>Instructed by:</i> Monica	Cardio Mix <i>Instructed by:</i> Lisa K.	Hi/Lo Aerobics <i>Instructed by:</i> Monica		
6:30pm-7:25 Located in Studio B		Cycling* <i>Instructed by:</i> Kathy C.		Cycling* <i>Instructed by:</i> Valerie		
7:05pm - 8:00	Kickboxing <i>Instructed by:</i> Kathy C.	Yoga ** <i>Instructed by:</i> Rex	<i>New Class Coming in September! Watch for details!</i>	Yoga ** <i>Instructed by:</i> Rex		

Cost per class per day of week for entire 7 week session: \$17.50 members/\$24.50 non-members

Punch Card Cost- 10 classes per card: \$35 members/\$49 non-members

Daily Pass/Drop -In : \$5 member/\$7 non-member

*Cycling Classes: \$25 member/\$32.50 non-member

** Yoga Style mats are not provided, please bring your own

8 participant minimum for all classes.

