



## Boot Camp

Days & Times	Ages	Mem/Program
01 Tuesday 6:00 - 7:00 pm	16-99	\$0.00/\$40.00
02 Thursday 6:00 - 7:00 pm	16-99	\$0.00/\$40.00

## Cycling

Days & Times	Ages	Mem/Program
01 Thursday 7:00 - 8:00 pm	16-99	\$10.00/\$50.00

## Kickboxing

Days & Times	Ages	Mem/Program
01 Wednesday 7:15 - 8:00 pm	16-99	\$10.00/\$50.00

## Seniorobics

Days & Times	Ages	Mem/Program
01 Tuesday 9:00 - 10:00 am	55-99	\$0.00/\$40.00
02 Thursday 9:00 - 10:00 am	55-99	\$0.00/\$40.00

## SilverSneakers Classic

Days & Times	Ages	Mem/Program
01 Monday 9:00 - 10:00 am	55-99	\$0.00/\$40.00
02 Wednesday 9:00 - 10:00 am	55-99	\$0.00/\$40.00
03 Friday 9:00 - 10:00am	55-99	\$0.00/\$40.00

## SilverSneakers Yoga

Days & Times	Ages	Mem/Program
01 Fri. 10:15 - 11:00 am	55-100	\$0.00/\$40.00

## Yoga

Days & Times	Ages	Mem/Program
01 Saturday 8:30am - 9:30am	16-99	\$10.00/\$50.00