



## Masala Bhangra

Days & Times	Ages	Mem/Program
01 Monday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
02 Wednesday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00

## Boot Camp

Days & Times	Ages	Mem/Program
01 Tuesday 12:10 - 12:40 pm	16-99	\$0.00/\$40.00
02 Tuesday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00
03 Thursday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00

## Cardio Variety

Days & Times	Ages	Mem/Program
03 Saturday 8:00 - 8:45 am	16-99	\$0.00/\$40.00

## Circuit Interval

Days & Times	Ages	Mem/Program
01 Thursday 12:10 - 12:40 pm	16-99	\$0.00/\$40.00

## Cycling

Days & Times	Ages	Mem/Program
01 Monday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
02 Monday 5:00 - 6:00 pm	16-99	\$10.00/\$50.00
03 Tuesday 6:30 - 7:30 am	16-99	\$10.00/\$40.00
04 Wednesday 5:00 - 6:00 am	16-99	\$10.00/\$50.00
05 Wednesday 5:00 - 6:00 pm	16-99	\$10.00/\$50.00
06 Thursday 6:30 - 7:30 am	16-99	\$10.00/\$50.00
07 Friday 5:00 - 6:00 am	16-99	\$10.00/\$50.00

## Jump & Pump

Days & Times	Ages	Mem/Program
01 Tuesday 6:15 - 6:45 pm	16-99	\$0.00/\$40.00
02 Thursday 6:15 - 6:45 pm	16-99	\$0.00/\$40.00

\* June 19 - August 12; 8 week session, no make-ups

## Kettlebell Training

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 pm (Kettle Kick)	16-99	\$10.00/\$50.00
02 Thursday 5:15 - 6:00 pm (Kettlebell AMPD)	16-99	\$10.00/\$50.00

## Kickboxing

Days & Times	Ages	Mem/Program
01 Tuesday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00
02 Thursday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00

## Line Dancing

Days & Times	Ages	Mem/Program
01 Monday 10:30 - 12:00 pm	16-99	\$0.00/\$40.00
02 Tuesday 1:15 - 2:00 pm	16-99	\$0.00/\$40.00
03 Wednesday 10:30 - 12:00 pm	16-99	\$0.00/\$40.00
04 Friday 10:30 - 12:00 pm	16-99	\$0.00/\$40.00

## Meditation

Days & Times	Ages	Mem/Program
01 Tuesday 12:15 - 12:45	16-99	\$10.00/\$50.00
02 Thursday 12:15 - 12:45	16-99	\$10.00/\$50.00

## Step Aerobics

Days & Times	Ages	Mem/Program
01 Tuesday 6:15 - 7:00 am		\$0.00/\$40.00
02 Thursday 6:15 - 7:00 am	16-99	\$0.00/\$40.00

## Silver Sneakers BOOM MIND

Days & Times	Ages	Mem/Program
01 Tuesday 11:05 - 11:35 am	16-99	\$0.00/\$40.00
02 Thursday 11:05 - 11:35 am	16-99	\$0.00/\$40.00

## SilverSneakers Circuit

Days & Times	Ages	Mem/Program
01 Monday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
02 Wednesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
03 Friday 8:30 - 9:15 am	16-99	\$0.00/\$40.00

## Silver Sneakers BOOM MOVE IT

Days & Times	Ages	Mem/Program
01 Wednesday 7:10 - 7:40 am		\$0.00/\$40.00

## SilverSneakers Classic

Days & Times	Ages	Mem/Program
01 Monday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
02 Monday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
03 Tuesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
04 Wednesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
05 Wednesday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00
06 Thursday 8:30 - 9:15 am	16-99	\$0.00/\$40.00
07 Friday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
08 Friday 1:00 - 1:45 pm	16-99	\$0.00/\$40.00



### SilverSneakers Yoga

Days & Times	Ages	Mem/Program
01 Tuesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
02 Thursday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

### Stretching for Better Performance

Days & Times	Ages	Mem/Program
01 Wednesday 7:45 - 8:15 am	16-99	\$0.00/\$40.00

### Tabata

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 am	16-99	\$0.00/\$40.00
02 Wednesday 6:15 - 7:00 am	16-99	\$0.00/\$40.00
02 Wednesday 7:10 - 7:55 pm	16-99	\$0.00/\$40.00
03 Friday 6:15 - 7:00 am	16-99	\$0.00/\$40.00

### Toning

Days & Times	Ages	Mem/Program
01 Monday 7:10 - 7:55 pm	16-99	\$0.00/\$40.00
02 Wednesday 6:10 - 6:55 pm	16-99	\$0.00/\$40.00

### Wild Card

Days & Times	Ages	Mem/Program
01 Saturday 11:00 - 11:45 am	16-99	\$0.00/\$40.00

### Yoga

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 am (Sunrise)	16-99	\$10.00/\$50.00
02 Monday 12:00 - 12:45 pm	16-99	\$10.00/\$50.00
03 Tuesday 5:10 - 5:55 pm	16-99	\$10.00/\$50.00
04 Tuesday 7:30 - 8:15 pm	16-99	\$10.00/\$50.00
05 Wednesday 6:15 - 7:00 am (Sunrise) - Cop	16-99	\$10.00/\$50.00
06 Wednesday 12:00 - 12:45 pm	16-99	\$10.00/\$50.00
08 Thursday 7:30 - 8:15 pm	16-99	\$10.00/\$50.00
09 Friday 12:00 - 12:45 pm	16-99	\$10.00/\$50.00
10 Saturday 7:00 - 7:45 am (Restorative)	16-99	\$10.00/\$50.00

### Zumba

Days & Times	Ages	Mem/Program
01 Tuesday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
02 Thursday 7:00- 7:45 pm	16-99	\$0.00/\$40.00
03 Friday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
04 Saturday 10:00 - 10:45 am	16-99	\$0.00/\$40.00