



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 Monday 6:00 - 7:00 pm	16-99	\$10.00/\$50.00

Kickboxing

Days & Times	Ages	Mem/Program
01 Wednesday 6:00 - 6:45 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 Thursday 7:00pm-8:00pm	16-99	\$10.00/\$50.00
01 Tuesday 7:00pm-8:00pm	16-99	\$10.00/\$50.00

Zumba

Days & Times	Ages	Mem/Program
01 Monday 6:15 - 7:00 pm	13-99	\$0.00/\$40.00
01 Wednesday 6:15 - 7:00 pm	13-99	\$0.00/\$40.00