

AUGUST Fitness Class Fees

MONTHLY FITNESS CLASSES

(MORNING AND EVENING CLASSES)

**BALL, STEP/SCULPT, TOTAL BODY, PILATES, BARRE,
STRETCH, STRENGTH, INTERVAL, TOTAL BODY, ZUMBA,
CARDIO FLEX, YOGA DRILLS, CORE, YOGA and ZUMBA-TONING**

Monthly Fee: \$30 Resident/\$35 Non-resident

Daily: \$5

30-minute classes: \$2 (or part of monthly fee)

45-minute classes: \$3 (or part of monthly fee)

MONTHLY FEES FOR ALL CLASSES START AT THE BEGINNING OF THE MONTH

EASY DOES IT

Tuesday & Thursday

9-10am

Tuesday

10-10:30am and 10:30-11am

Thursday, 10-11am

Monday, Wednesday, & Friday

10:30-11:30am

CLASS YO-CHI

Wednesday, 11-11:45am

Monthly Fee: \$25 Resident/ \$30 Non-resident

Daily: \$5

30-minute classes: \$2 (or part of monthly fee)

45-minute classes: \$3 (or part of monthly fee)

Ball is INCLUDED in the Easy Does it monthly

Also included in Easy Does it monthly fee:

*Mon., Wed., and Fri., 9:30-10:30am class

*Above classes are intermediate

ZUMBA

with Queenie

Monday, 6:35—7:35pm

Daily: \$5

(cash or check only)

SENIOR LINE DANCE

with Frances

Wednesday, 12:45—1:45pm

Daily: \$5

MEDITATION W/JESS

Midweek Stress Relief for Adults

Wednesday, 5:30-6:30pm

\$7 per class

Yoga with Maddi

Thursdays 6:30-7:30pm

&

Saturdays 9-10am

NO CLASS Thurs., Aug., 3 &

Sat., Aug., 12

\$5 daily fee or part of monthly
aerobics fee

CHILDCARE

Monday thru Thursday, 3—8pm

Fitness Center

FEES:

\$20 monthly fee 1st child

\$10 for each additional child of the same family

\$2 per hour per child (minimum \$2 fee)

Line Dancing

with Denise

Friday, 6:30—7:30pm

Daily: \$5