

JANUARY Fitness Class Fees

No fitness classes or child care on Jan., 2 and Jan., 16

MONTHLY FITNESS CLASSES

(MORNING AND EVENING CLASSES)

**BALL, STEP/SCULPT, TOTAL BODY, PILATES, BARRE,
STRETCH, STRENGTH, INTERVAL, TOTAL BODY, ZUMBA,
WERQ, 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

Monday, Tuesday & Thursday

9-10am

Tuesday

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

Monday, Wednesday, Thursday & 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

No class Jan., 2 & 16

Monday, 6:35—7:35pm

Daily: \$5

(cash or check only)

YOGA

LEVEL 1 - Intermediate

Instructor: Casondra

Saturday, January 7 & 21

7:15-8:15am

Class held at Rec Center/Gym 2

\$5 Daily or part of monthly aerobics

CHILDCARE Fitness Center

Monday thru Thursday

3—8pm

NO CHILDCARE JAN., 2 & 16

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

January 2023 FITNESS CLASSES (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRENGTH 6-7am		STRENGTH 6-7am	STRENGTH & STRETCH 6-7am	YOGA Jan., 7 & 21 7:15-8:15am Rec Center Gym 2
EASY DOES IT MAT/CHAIR 9-10am	EASY DOES IT FIT PARTY 9-10am		EASY DOES IT STRENGTH 9-10am		
STEP/ SCULPT 9:30-10:30am	BALL 10-10:30am	TOTAL BODY 9:30-10:30am		INTERVAL 9:30-10:30am	
EASY DOES IT HI-LO 10:35-11:35am	EASY DOES IT BALANCE 10:35-11:05am	EASY DOES IT STRENGTH 10:35-11:35am EASY DOES IT YO/CHI (Yoga/TaiChi) 11-11:45am	EASY DOES IT ZUMBA GOLD 10:35-11:35am	EASY DOES IT BALANCE/TONE 10:35-11:35am	
STEP/ WEIGHTS 5:30-6:30pm					
CORE 6-6:30pm	YOGA DRILLS 6-6:45pm	STRENGTH 6-6:30pm	BARRE 5:45-6:30pm		
BARRE 6:30-7:15pm		STRETCH 6:30-7pm			
*ZUMBA W/ Queenie 6:30-7:30pm	ZUMBA 6-7pm PILATES 6:45-7:30pm	WERQ 6:30-7:30pm		LINE DANCE 6:30-7:30pm	FEES ON BACK *Daily fee per class