

February 2022 FITNESS CLASSES (ACTIVITY CENTER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRENGTH 6-7am		STRENGTH 6-7am		
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 EASY DOES IT YO/CHI (Yoga/TaiChi) 11-11:45am		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 ZUMBA GOLD 10:35-11:35am	EASY DOES IT BALANCE/TONE 10:35-11:35am	
Child Care 3-8pm	Child Care 3-8pm	Child Care 3-8pm	Child Care 3-8pm		
HIIT STRENGTH 5:30-6:30pm	*SPIN 4-4:45PM	NEW CLASS CIRCUIT 5:30-6:30pm	PILATES 5:30-6:15pm		
CORE INTERVAL 6-6:30pm	CORE YOGA 6-6:30pm		*YOGA LEVEL 1 6-7pm		
BARRE 6:30-7:15pm	PILATES 6:30-7:30pm	STRENGTH 6:30-7pm			
*ZUMBA W/ Queenie 6:30-7:30pm	ZUMBA 6:30-7:30pm	STRETCH 7-7:30pm	ZUMBA 6:30-7:30pm	LINE DANCE 6:30-7:30pm	FEES ON BACK *Daily fee per class

FEBRUARY Fitness Class Fees

MONTHLY FITNESS CLASSES

(MORNING AND EVENING CLASSES)

ABC's, BALL, BLT, STEP/SCULPT, TOTAL BODY, PILATES, BARRE, HIIT, STRENGTH, INTERVAL, TOTAL BODY, ZUMBA, CIRCUIT, CARDIO FLEX, CORE YOGA and ZUMBATONICS

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

Monday, 6:35—7:35pm

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

SPIN

Instructor: Shannon Miller Bain

Tuesday, 4—4:45pm

Daily: \$5

YOGA

LEVEL 1 - Intermediate

Instructor: Monica Dixon-Houston

Thursday, 6—7pm

Daily: \$8

CHILDCARE

Monday thru Thursday

3-8pm

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

visit us at www.cityofgoosecreek.com