



FEBRUARY 2021 Fitness Classes (Activity Center)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	STRENGTH 6-7am		STRENGTH 6-7am		BOOTCAMP 8-9am
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 CHAIR YOGA 10-10:45am		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	
STEP & STRENGTH 5:30-6:30pm	NEW TIME YOGA ALL LEVELS 5-6pm	INTERVAL 5:30-6:30pm	BARRE 5:30-6:15pm		
CARDIO FLEX 6-7pm			YOGA LEVEL 1 6-7pm		
BARRE 6:30-7:15pm	NEW TIME PILATES 6:30-7:30pm	ABC'S 6:30-7pm			
	ZUMBA 6:30-7:30pm	WERQ 6:30-7:30pm	NEW CLASS ZUMBA TONICS 6:30-7:30pm	LINE DANCE 6:30-7:30pm	
		BLT 7-7:30pm			FEE\$ ON BACK

Fitness Class Fees February 2021

Line Dancing

Fridays, 6:30-7:30pm

Daily: \$5

EASY DOES IT

Monday, Tuesday & Thursday 9-10am class
Wednesday 9:30-10am class
Monday, Wednesday, Thursday & Friday
10:30-11:30am class
Tuesday 10:35-11:05am class

Monthly \$25 Resident/ \$30 Non-resident
Daily: \$5

Ball is INCLUDED in the Easy Does it monthly fee
or \$2

Also included in Easy Does it monthly fee:
*Mon., Wed., and Fri., 9:30-10:30am class
*Above classes are intermediate

Child Care
and
Climbing Wall not
available at this time.

YOGA All Levels

Instructor: Debra Baugh

Tuesday, 5—6pm

Daily: \$8

CHAIR YOGA

Instructor: Debra Baugh

Wednesday, 10-10:45am

Jan., 6—Feb., 10
Feb., 17— Mar., 24

6-week session: \$30 Resident
\$35 Non-resident

Daily: \$5

YOGA LEVEL 1 - Intermediate

Instructor: Monica Dixon-Houston

Thursday, 6—7pm

Daily: \$8

MONTHLY FITNESS CLASSES (MORNING AND EVENING CLASSES)

**ABC's, BALL, BLT, STEP/SCULPT, TOTAL BODY, PILATES, BARRE
WERQ, STRENGTH, INTERVAL, TOTAL BODY, ZUMBA,
CARDIO FLEX, BOOT CAMP 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