

# MAY 2025 Fitness Class Fees

(No classes Mon., May 26, Memorial Day)

## MONTHLY FITNESS CLASSES

(MORNING AND EVENING CLASSES)

**BALL, STEP/SCULPT, TOTAL BODY, PILATES, BOOTCAMP, BARRE,  
STRETCH, STRENGTH, INTERVAL, TOTAL BODY, ZUMBA,  
CARDIO FLEX, FLEXIBILITY AND MOBILITY, CORE, GENTLE FLEX & STRETCH,  
GENTLE MOBILITY, WERQ, POUND**

**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 10:35-11:05am

Thursday, 10:05-11:05am

Monday & Friday

10:35-11:35am

Wednesday, 10:35-11:20am

Gentle Mobility

Wednesday, 11:25-11:55am

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)

Also included in Easy Does it monthly fee:

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

\*Above classes are intermediate

## ZUMBA

w/Queenie

Monday, 6:35—7:35pm (NO class 5/19)

Daily: \$5

## BELLY DANCE

W/Anna

Monday, 7:20-8:20pm

Fee: \$15 daily

## SENIOR LINE DANCE

with Frances

Wednesday, 12:45—1:45pm

Daily: \$5

## Starting May 8th POUND ROCKOUT

W/Donna

Thursday, 5:30-6:30pm

Fee: \$5 daily or part of  
Monthly fitness fees

## MixxedFit

with Twanisha

Wednesday, 6:30—7:30pm

Daily: \$5

## 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

**cash or check preferred for \$5 OR less**  
**[www.cityofgoosecreek.com](http://www.cityofgoosecreek.com)**