



Fridays, 6:30-7:30pm

Daily: \$5

MONTHLY SPIN CLASSES

CHOICE OF SESSIONS:

Tuesdays, 5:30-6:15pm

Wednesday, 6:45-7:30pm

Fee: \$20 per session

Pay for one monthly session and additional session is **\$15**

Daily: \$7

EASY DOES IT

Monday, Tuesday & Thursday 9-10am class

Monthly: \$15 Resident/\$20 Non-resident

Daily: \$5

EASY DOES IT

Monday thru Friday 10:30-11:30am class

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

Daily: \$5

Ball is INCLUDED in the Easy Does it monthly fee

YOGA LEVEL 1 - intermediate

Monday, 6-7pm

Daily: \$8

YOGA All Levels

6-7pm

Tuesday

Feb 26-March 19

April 2-23

4-week session: \$32

Daily: \$8

CHILDCARE

FEES:

\$20 monthly fee 1st child

\$10 for each additional child of the same family

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

3-8 pm

YOGA Restorative

10-10:45am

Wednesday

March 20-April 24

6-week session: \$30

Daily: \$5

MONTHLY FITNESS CLASSES

(MORNING AND EVENING CLASSES)

Ball, Step/Sculpt, Boot Camp, Total Body, Step/Abs, PLYO, Super-Step, CORE, PILATES, WERQ, Barre, Strength, Interval, Instructors Choice, TOTAL BODY, ZUMBA Yogalates and AB'S & GLUTES

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