

Line Dancing

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
or \$2**

YOGA All Levels

Instructor: Debra Baugh

Tuesday, 6—7pm

October 1—22

NO CLASS Oct., 29

4-week session: \$32

Daily: \$8

YOGA Restorative

Instructor: Debra Baugh

Wednesday, 10—10:45am

September 25 —November 6

NO CLASS Oct., 30

6-week session: \$30

Daily: \$5

CHILDCARE

**Mon., thru Thurs.,
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)

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, Boot Camp, Total Body, Step/Abs, 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