

NO classes Wed., Nov. 27,
Thurs., Nov. 28, & Fri., Nov. 29

Line Dancing

Fridays, 6:30-7:30pm
Daily: \$5
No class November 29th

EASY DOES IT

Monday, Tuesday & Thursday 9-10am class
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

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

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)

MONTHLY SPIN CLASSES CHOICE OF SESSIONS:

Tuesdays, 5:30-6:15pm
Wednesdays, 6:45-7:30pm

Fee: \$20 per session

Pay for one monthly session and additional session is **\$15**
Daily: \$7

YOGA All Levels

Instructor: Debra Baugh

Tuesday, 6—7pm
November 5—December 3
NO CLASS Nov., 26
4-week session: \$32
Daily: \$8

YOGA Restorative

Instructor: Debra Baugh

Wednesday, 10—10:45am
November 13—January 8
NO CLASS Nov., 27, Dec., 25, and Jan., 1

6-week session: \$30
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, 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