

Fitness Class Fees

NO CLASSES FRI., JULY 3

Child Care
and
Climbing Wall will not be
available at this time.

Line Dancing

Fridays, 6:30-7:30pm
No class Friday, July 3

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

SPIN CLASS

Wednesday, 6:45-7:30pm

Daily: \$7
Monthly: \$20

YOGA All Levels

Instructor: Debra Baugh

Tuesday, 6—7pm

Daily: \$8

CHAIR YOGA

Instructor: Debra Baugh

Wednesday, 10—10:45am
June 17—July 22

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, Total Body, Step/Abs, Super-Step, CORE, PILATES,
WERQ, Barre, Strength, Interval, Instructors Choice, TOTAL BODY, ZUMBA,
F.I.R.E., 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