

GROUP FITNESS SCHEDULE 2017

Land Aerobics

	Mon	Tue	Wed	Thu	Fri	Sat
530-630a	Cycling Charity	Strength & Tone Tyanne	Cycling Charity	X Fit Sandee	Cycling Charity	
8-9 am	Seniors Strength/Balance Pam					
9-10a	Circuit Pam	Cycling Sandee	Yoga Tyanne	Boot Camp Angie	HIIT/Combo Challenge Angie	CSI (Cardio Strength Interval) Jan
9-10a			Circuit Angie			
6-7p	Kickbox Fusion Tyanne	HIGH Fitness Jamie (Starting Feb)	Pilates Allison	Rock Bottoms & Tight Tums Pam		
7-8p		Fit 360 Tracy	HIIT Tracy	Yoga Pam		

Water Aerobics

	Mon	Tue	Wed	Thu	Fri	Sat
7-8a	Total Body Circuit Mechel	Calorie Burn Ann	The Works Kim	Calorie Burn Ann	Total Body Circuit Kim	
8-9a						Weekend Warriors Marsha
9-10a		Super Power Hour Collette		Crazy w/ Noodles Collette		
730-830p		Calorie Burn Sandee		The Works Ann		

Admission Information

Adults (16-59) \$6.00 day pass

Seniors (60+) \$4.00 day pass

Monthly and Annual Memberships available for individuals and families

Please see front desk for details

Scenic cycling DVD's available upon request

Drop in Day Care

	Morning	Evening
Mon	8:30-11:15a	6:00-8:30p
Tue	8:30-11:15a	6:00-8:30p
Wed	8:30-11:15a	6:00-8:30p
Thu	8:30-11:15a	6:00-8:30p
Fri	8:30-11:15a	
Sat	8:30-10:30a	

Children must be 8 weeks or older. Parents must remain in the building at all times. No outside toys, food or beverages allowed (except a prepared baby bottle).

Admission is \$1.50 per hour per child

