

# GROUP FITNESS SCHEDULE 2017



## Land Aerobics

	Mon	Tue	Wed	Thu	Fri	Sat
530-630a	Cycling Charity	Strength & Tone Tyanne	Cycling Charity	TRX Fit Sandee	Cycling Charity	
9-10a	Circuit Pam	Cycling Sandee	Circuit Angie	Boot Camp Angie	HIIT/Combo Angie	CSI Angie S
10-11a			Yoga Tyanne			
6-7p	Kickbox Fusion Tyanne		Pilates Allison	Rock Bottoms & Tight Tums Pam		
7-8p		Fit 360 Tracy	Kickbox Interval Tracy	Yoga Pam		
8-9p		High Fitness Jamie				

## Water Aerobics

	Mon	Tue	Wed	Thu	Fri	Sat
7-8a	Total Body Circuit Mechel	Calorie Burn Ann	The Works Kim	Calorie Burn Ann	Tsunami H2O Kim	
8-9a						Weekend Warriors Marsha
8:30-930a			Tsunami H2O Tyanne			
9-10a		Super Power Hour Collette		Crazy w/ Noodles Collette		
10:15-11a		Tsunami H2O Sandee				
730-830p		Tsunami H2O Sandee		The Works Ann		

### Admission Information

Adults (18-61) \$6.00 day pass  
 Seniors (62+) \$4.00 day pass  
 Monthly and Annual Memberships available  
 Please see front desk for details  
 Scenic cycling videos 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**