

ADULT AT-A-GLANCE (19 years & older)

*Punch Pass required.

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Memb. Fee	Cmty. Fee	Location	Pg
Wellness Classes										
Tone & Condition	5:30-6:15 am		5:30-6:15 am				FREE	*	Studio	26
Tone & Condition	8:30-9:30 am				8:30-9:30 am		FREE	*	Studio	26
Tone & Condition	4:30-5:15 pm						FREE	*	Studio	26
Studio Pump			8:30-9:30 am				FREE	*	Studio	26
Studio Pump			4:30-5:15 pm				FREE	*	Studio	26
Studio Pump					5:30-6:15 am		FREE	*	Studio	26
Circuit Training		8:30-9:15 am		8:30-9:15 am			FREE	*	Studio	26
Cardio Conditioning		5:30-6:30 pm		5:30-6:30 pm			FREE	*	Studio	26
Beginner Cardio Cond.		4:30-5:30 pm		4:30-5:30 pm			FREE	*	Studio	26
Cardio Blast	5:30-6:15 pm		5:30-6:15 pm				FREE	*	Studio	26
Yoga	9:30-10:30 am		9:30-10:30 am				FREE	*	Studio	26
Yoga	5:00-6:00 pm						FREE	*	Mississippi Room	26
Instructor's Choice						8:00-9:00 am	FREE	*	Mississippi Room	26
Unlimited Cycling	5:30-6:30 am		5:30-6:30 am				25**	75**	nrgZone	29
Unlimited Cycling		8:30-9:30 am		8:30-9:30 am			25**	75**	nrgZone	29
Unlimited Cycling		5:00-6:30 pm		5:00-6:30 pm			25**	75**	nrgZone	29
Zumba		7:30-8:30 pm		7:30-8:30 pm			20	60	Studio	29
Zumba					9:30-10:30 am		10	30	Studio	29
Outdoor Challenge		6:00-7:00 pm		6:00-7:00 pm			25	75	Various	29
Cardio Kickboxing		6:30-7:30 pm		6:30-7:30 pm			20	60	Studio	29
Wellness Walkers			6:00 pm				20	n/a	Various	29
Belly Dancing	7:30-8:30 pm						10	30	Studio	30
Pilates		7:30-8:15 am		7:30-8:15 am			20	60	Studio	30
30-Min. Interval Cardio		6:00-6:30 pm		6:00-6:30 pm			18	54	Wellness Center	30
Country Line Dancing		10:45-11:30 am		10:45-11:30 am			20	60	Studio	30
BodyFlow	6:30-7:30 pm		6:30-7:30 pm				*	*	Studio	30
BodyFlow		5:30-6:30 am		5:30-6:30 am			*	*	Studio	30
BodyFlow		9:30-10:30 am		9:30-10:30 am			*	*	nrgZone	30
BodyJam	7:00-8:00 pm		7:00-8:00 pm				*	*	nrgZone	30
BodyJam						9:30-10:30 am	*	*	Studio	30
Silver Sneakers MSROM	10:45-11:30 am		10:45-11:30 am		10:45-11:30 am		FREE	3.50	nrgZone	32
Active for Life		9:30-10:30 am		9:30-10:30 am			FREE	3.50	Studio	32
Aquatics - Adult										
Adult Lessons		6:45-7:30 pm					20	60	Cool Pool	33
Adult Lessons						11:15am-Noon	20	60	Cool Pool	33
MS Aquatic Exercise		10:45-11:30 am		10:45-11:30 am			20	60	Cool Pool	34
Fibromyalgia Aqua Ex	10:30-11:15 am		10:30-11:15 am		10:30-11:15 am		26	78	Warm Pool	34
Fibromyalgia Aqua Ex	11:15 am-Noon		11:15 am-Noon		11:15 am-Noon		26	78	Warm Pool	34
Fibromyalgia Aqua Ex	5:15-6:00 pm		5:00-6:00 pm				20	60	Warm Pool	34
Slow & Easy	8:15-9:00 am		8:15-9:00 am		8:15-9:00 am		26	78	Warm Pool	34
Slow & Easy	10:30-11:15 am		10:30-11:15 am		10:30-11:15 am		26	78	Warm Pool	34
Slow & Easy	11:15 am-Noon		11:15 am-Noon		11:15 am-Noon		26	78	Warm Pool	34
Slow & Easy	5:15-6:00 pm		5:00-5:45 pm		5:00-5:45 pm		26	78	Warm Pool	34
Slow & Easy		11:15 am-Noon		11:15 am-Noon			20	60	Warm Pool	34
Ai Chi				8:30-9:15 am			15	45	Warm Pool	34
Yoqua		9:30-10:15 am					15	45	Warm Pool	34
Yo-Chi		6:00-7:00 pm					15	45	Warm Pool	34
Deep Water Exercise	7:30-8:30 am		7:30-8:30 am		7:30-8:30 am		26	78	Cool Pool	35
Deep Water Exercise	8:35-9:35 am		8:35-9:35 am		8:35-9:35 am		26	78	Cool Pool	35
Deep Water Exercise		8:00-9:00 am		8:00-9:00 am			20	60	Cool Pool	35
Deep Water Exercise		4:00-5:00 pm		4:00-5:00 pm			20	60	Cool Pool	35
Deep Water Exercise						8:30-9:30 am	FREE	*	Cool Pool	35
High Energy	10:30-11:30 am		10:30-11:30 am		10:30-11:30 am		26	78	Cool Pool	35
High Energy		8:00-9:00 am		8:00-9:00 am			20	60	Cool Pool	35
High Energy						8:30-9:30 am	FREE	*	Cool Pool	35
Water Walk	8:15-9:15 am		8:15-9:15 am		8:15-9:15 am		26	78	Cool Pool	35
Aqua Rock	6:00-7:00 pm		6:00-7:00 pm				20	60	Cool Pool	35
Aqua Rock		10:00-10:45 am					15	45	Cool Pool	35
Sports										
Tae Kwon Do	6:00-7:00 pm		6:00-7:00 pm				40	80	Mississippi Room	36