

YOUTH/TEENS AT-A-GLANCE (6 - 18 years)

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Memb. Fee	Cmty. Fee	Location	Pg
Wellness Classes										
Belly Dancing	7:30-8:30 pm						17	34	Studio	14
Beginner Belly Dancing			7:30-8:30 pm				17	34	Studio	14
Hatha Yoga***				7:00-8:00 pm			40	80	Studio	14
Yoga on the Lawn		5:30-6:15 pm		5:30-6:15 pm			40	80	East Field	14
Gentle Yoga	7:15-8:00 pm		7:15-8:00 pm				40	80	Mississippi Room	14
Boot Camp		6:00-7:00 pm		6:00-7:00 pm			25	50	South Field	14
Power Pilates	6:30-7:15 pm		6:30-7:15 pm				20	40	Studio	14
Unlimited Cycling	5:30-6:30 am		5:30-6:30 am		5:30-6:30 am		20**	40**	Mississippi Room	15
Unlimited Cycling		5:30-6:30 pm					20**	40**	Mississippi Room	15
Unlimited Cycling		8:30-9:30 am		8:30-9:30 am			20**	40**	Heritage Room	15
Unlimited Cycling						9:15-10:00 am	20**	40**	Mississippi Room	15
Zumba		6:45-7:45 pm					17	34	Studio	15
Cardio Kickboxing	6:15-7:15 pm		6:15-7:15 pm				20**	40**	Small Gym	15
Body Sculpt	5:30-6:15 am		5:30-6:15 am				FREE	*	Studio	15
Body Sculpt	4:30-5:15 pm						FREE	*	Studio	15
Studio Pump					5:30-6:30 am		FREE	*	Studio	15
Studio Pump			4:30-5:15 pm				FREE	*	Studio	15
Cardio Sculpt		5:35-6:35 pm		5:35-6:35 pm			FREE	*	Studio	15
Beginner Cardio Sculpt		4:30-5:30 pm		4:30-5:30 pm			FREE	*	Studio	15
Stepin' Up High-Intensity						7:45-9:00 am	FREE	*	Studio	15

* Punch Pass Card required, see page 19. ** Pay one fee and take any or all of the cycling classes. ***Punch Pass may not be used for Hatha Yoga.