

WELLNESS PROGRAM CLASS SCHEDULE

Fall I: 2017 (7 week session)

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AB-Noxious (Room 305) Fee: M FREE, NM \$10.50	5:00-5:15 p.m. Lori		5:00-5:15 p.m. Lori			
BODYCOMBAT (Studio) *Fee: M FREE, NM \$84 **Fee: M FREE, NM \$126	5:05-5:55 a.m.** Tricia 4:30-5:25 p.m.* Sara	8:20-9:15 a.m.* Sara	5:05-5:55 a.m.** Tricia 4:30-5:25 p.m.* Sara	8:20-9:15 a.m.* Sara	5:05-5:55 a.m.** Tricia	
BODYPUMP (Studio) *Fee: M FREE, NM \$84 ***Fee: M FREE, NM \$42 (1 day/wk)	8:30-9:30 a.m.* Tonya 6:45-7:45 p.m.* Traci	5:05-6:05 a.m.* Romi 9:30-10:30 a.m.* Jennifer 5:30-6:30 p.m.* Brook	8:30-9:30 a.m.* Tonya 6:45-7:45 p.m.* Traci	5:05-6:05 a.m.* Romi 9:30-10:30 a.m.* Jennifer 5:30-6:30 p.m.* Brook		9:30-10:30 a.m.*** Jennifer
BODYFLOW (305-Yoga/Pilates) Fee: M FREE, NM \$84	6:30-7:25 p.m. Ashley	6:10-7:05 a.m. Char 9:30-10:25 a.m. Romi	6:30-7:25 p.m. Ashley	6:10-7:05 a.m. Char 9:30-10:25 a.m. Romi		
Cardio & Tone (Studio) *Fee: M FREE, NM \$84 **Fee: M FREE, NM \$126	9:40-10:40 a.m.** Sandy/Emily 5:35-6:35 p.m.* Sandy/Emily		9:40-10:40 a.m.** Sandy/Emily 5:35-6:35 p.m.* Sandy/Emily		9:40-10:40 a.m.** Sandy/Emily	
CXWORX (Room 305) Fee: M FREE, NM \$49	6:30-7:00 a.m. Char 5:30-6:00 p.m. Ken	7:45-8:15a.m. Brook (Studio)	6:30-7:00 a.m. Char 5:30-6:00 p.m. Ken	7:45-8:15a.m. Brook (Studio)		
Cycling (Bike Room) Fee: M FREE, NM \$63 **Fee: M FREE, NM \$31.50 (1 day/wk)	5:15-6:00 a.m. Romi 12:10-12:40 p.m. Terri 6:15-7:00 p.m. Debi	6:00-6:45 a.m. Lucie 6:15-7:00 p.m. Lucie	5:15-6:00 a.m. Romi 12:10-12:40 p.m. Terri 6:15-7:00 p.m. Debi	6:00-6:45 a.m. Lucie 6:15-7:00 p.m. Lucie	12:10-12:40 p.m. Terri	9:30-10:20 a.m. Tim
Delay the Disease Parkinson's Program (Studio) *See Program Guide for Pricing		10:50 a.m.-11:50 p.m. Dianne		10:50a.m.-11:50 p.m. Dianne		
H.I.I.T. (High Intensity Interval Training) (Gym) Fee: M FREE, NM \$42	5:15-5:45 a.m. John		5:15-5:45 a.m. John			
Kettle Bell (Studio) *Fee M FREE, NM \$63 **Fee M FREE, NM \$42	6:00-6:30 a.m.* Tricia	7:15-7:45 p.m.** John (305)	6:00-6:30 a.m.* Tricia	7:15-7:45 p.m.** John (305)	6:00-6:30 a.m.* Tricia	
Noon Strength (Studio) Fee: M FREE, NM \$42		12:00-12:30 p.m. Terri		12:00-12:30 p.m. Terri		
Silver Sneakers (Room 306) *Fee: M FREE, NM \$53 **Fee: M FREE, NM \$35	10:45-11:30a.m.* (Classic) Emily 1:00-1:45 p.m.* (Chair Yoga) Dianne (Room 305)	8:45-9:30 a.m.** (Cardio) Linda 10:45-11:30 a.m.** (Cardio) Linda 1:00-1:45 p.m.** (Classic) Linda	10:45-11:30 a.m.* (Classic) Emily 1:00-1:45 p.m.* (Chair Yoga) Dianne (Room 305)	8:45-9:30 a.m.** (Cardio) Linda 10:45-11:30 a.m.** (Cardio) Linda 1:00-1:45 p.m.** (Classic) Linda	8:45-9:30 a.m.** (Cardio) Linda 10:45-11:30 a.m.* (Classic) Emily 1:00-1:45 p.m.* (Chair Yoga) Dianne (Room 305)	
TRX (Gym) *Fee: M FREE, NM \$63 **Fee: M FREE, NM \$42	4:45-5:15 p.m.** Ken	6:15-7:00 a.m.* Ken 5:45-6:30 p.m.* Brian	4:45-5:15 p.m.** Ken	6:15-7:00 a.m.* Ken 5:45-6:30 p.m.* Brian		
Yoga (Room 305) Fee: M FREE, NM \$42						10:30-11:30 a.m. Valerie
Zumba (Studio) Fee: M FREE, NM \$84		6:45-7:45 p.m.		6:45-7:45 p.m.		



**BE HEALTHY
BE STRONG
BELONG**

We have a group exercise class to meet every level, every schedule, and every goal. Try a class today. FREE for Members!

- Many classes offer modifications to accommodate a wide range of exercise levels.
- New participants please try to arrive 10-15 minutes early for the first class to meet the instructor and get class specific instructions.

-Class location and times are subject to change.