

WELLNESS PROGRAM CLASS SCHEDULE

Winter I: 2019 (7 week session)

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BODYCOMBAT (Studio) *Fee: M FREE, NM \$84 **Fee: M FREE, NM \$126 ***Fee: M FREE, NM \$42 (1 day/wk)	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	10:40-11:35 a.m.** Matt/Leah
BODYFLOW (Room 305) *Fee: M FREE, NM \$84 **Fee: M FREE, NM \$63	6:15-7:10 p.m.* Ashley	6:05-6:50 a.m.** Char 9:30-10:25 a.m.* Romi	6:15-7:10 p.m.* Ashley	6:05-6:50 a.m.** Char 9:30-10:25 a.m.* Romi		
BODYPUMP (Studio) *Fee: M FREE, NM \$84 **Fee: M FREE, NM \$126 ***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	8:30-9:30 a.m.** Tonya	8:20-9:20 a.m.** Brook 9:30-10:30 a.m.** Jennifer
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 Fee: M FREE, NM \$49 *Fee: M FREE, NM \$24.50 (1 day/wk)	6:30-7:00 a.m. Char (Studio) 5:30-6:00 p.m. Ken (Room 305)	10:40-11:10 a.m. Taylor (Room 305)	6:30-7:00 a.m. Char (Studio) 5:30-6:00 p.m. Ken (Room 305)	10:40-11:10 a.m. Taylor (Room 305)		11:45 am-12:15 pm* Taylor (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	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 a.m.* Katie 12:10-12:40 p.m. Terri 5:00-5:45 p.m.* Ken	9:30-10:20 a.m.* Tim
Delay the Disease Parkinson's Program (Studio) *Fee: M \$40, NM \$60		10:50 a.m.-11:50 p.m. Dianne		10:50a.m.-11:50 p.m. Dianne		
H.I.I.T. (Studio) Fee M FREE, NM \$42		6:30-7:00 a.m. Matt		6:30-7:00 a.m. Matt		
Kettle Bell (Room 305) Fee M FREE, NM \$63	6:00-6:30 a.m. Tricia		6:00-6:30 a.m. Tricia		6:00-6:30 a.m. Tricia	
Noon Strength/BODYPUMP (Studio) Fee: M FREE, NM \$42		12:00-12:30p.m. Terri		12:00-12:30 p.m. Terri		
POUND (Room 305) Fee: M FREE, NM \$42	4:15-4:45 p.m. Katie		4:15-4:45 p.m. Katie			
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	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	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	
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. Becky
Zumba (Studio) Fee: M FREE, NM \$84		6:45-7:45 p.m. Shanica		6:45-7:45 p.m. Shanica		

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



**BE HEALTHY
BE STRONG
BELONG**

-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.