

# WELLNESS PROGRAM CLASS SCHEDULE

## Fall I 2019 (7 week session)

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BODYCOMBAT (Studio)</b> *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
<b>BODYFLOW-Yoga/Pilates (Room 305)</b> *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		
<b>BODYPUMP (Studio)</b> *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. 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.* 5:30-6:30 p.m.* Brook	8:30-9:30 a.m.** Tonya	8:20-9:20 a.m.*** Leah 9:30-10:30 a.m.*** Jennifer
<b>Cardio &amp; Tone (Studio)</b> *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	
<b>CXWORX — Les Mills CORE</b> Fee: M FREE, NM \$49 *Fee: M FREE, NM \$24.50 (1 day/wk)	6:30-7:00 a.m. Char (Studio) 9:40-10:10 a.m. Taylor (Room 305) 5:30-6:00 p.m. Ken (Room 305)		6:30-7:00 a.m. Char (Studio) 10:40-11:10 a.m. Taylor (Room 305) 5:30-6:00 p.m. Ken (Room 305)			8:45 am-9:15 am* Taylor (Studio)
<b>Cycling (Bike Room)</b> 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	6:00-6:45 a.m. Lucie	5:15-6:00 a.m. Romi 12:10-12:40 p.m. Terri	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
<b>Delay the Disease Parkinson's Program</b> *Fee: M \$40, NM \$60		10:50 a.m.-11:50 p.m. Dianne		10:50a.m.-11:50 p.m. Dianne		
<b>H.I.I.T. (Studio)</b> Fee M FREE, NM \$42		4:45-5:15 p.m. Matt		4:45-5:15 p.m. Matt		
<b>Kettle Bell (Room 305)</b> 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	
<b>Noon Strength/BODYPUMP (Studio)</b> Fee: M FREE, NM \$42		12:00-12:30p.m. Terri		12:00-12:30 p.m. Terri		
<b>POUND (Room 305)</b> Fee: M FREE, NM \$42	Returning Fall II					
<b>Silver Sneakers (Room 306)</b> *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	
<b>TRX (Gym)</b> *Fee: M FREE, NM \$63 **Fee: M FREE, NM \$42	4:45-5:15 p.m.** Ken	6:15-7:00 a.m.* Ken	4:45-5:15 p.m.** Ken	6:15-7:00 a.m.* Ken		
<b>Yoga (Room 305)</b> Fee: M FREE, NM \$42						10:30-11:30 a.m. Alicia
<b>Zumba (Studio)</b> Fee: M FREE, NM \$84		6:45-7:45 p.m. Bethany		6:45-7:45 p.m. Bethany		

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.