

WELLNESS PROGRAM CLASS SCHEDULE

Winter I 2022 (7 week session)

January 3-February 19

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BodyCombat (Les Mills)(Studio) *Fee: M FREE, NM \$84 **Fee: M FREE, NM \$126 ***Fee: M FREE, NM \$42	5:05-6:00 a.m.** Tricia 4:30-5:30 p.m.* Sara	8:20-9:20 a.m.* Sara	5:05-6:00 a.m.** Tricia 4:30-5:30 p.m.* Sara	8:20-9:20 a.m.* Sara	5:05-6:00 a.m.** Tricia	8:20-9:20 a.m.** Matt
BodyFlow (Les Mills) *Fee: M FREE, NM \$63 (studio) **Fee: M FREE, NM \$84 (305)	6:05-6:50 a.m.* Char	9:30-10:30 a.m.** Romi	6:05-6:50 a.m.* Char	9:30-10:30 a.m.** Romi		
BodyPump (Les Mills) (Studio) *Fee: M FREE, NM \$84 ***Fee: M FREE, NM \$42	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.* Matt 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.* Matt 5:30-6:30 p.m.* Brook		9:30-10:30 a.m.** Michelle
Cardio & Tone (Studio) *Fee: M FREE, NM \$84 **Fee: M FREE, NM \$126	9:40-10:40 a.m.** Sandy 5:35-6:35 p.m.* Emily		9:40-10:40 a.m.** Sandy/Emily 5:35-6:35 p.m.* Emily/Sandy		9:40-10:40 a.m.** Sandy	
Cycling (Bike Room) *Fee: M FREE, NM \$63 **Fee: M FREE, NM \$31.50	12:10-12:40 p.m.* Terri	6:00-6:45 a.m.* Stephen	12:10-12:40 p.m.* Terri	6:00-6:45 a.m.* Stephen	12:10-12:40 p.m.* Terri 5:00-5:45 p.m.** Ken	9:30-10:15 a.m.** Tim
H.I.I.T. (Studio) *Fee M FREE, NM \$42		4:45-5:15 p.m.* Matt		4:45-5:15 p.m.* Matt		
Indo-Rowing Circuit (Room 305) *Fee M FREE, NM \$42 **Fee M FREE, NM \$31.50		12:00-12:30 p.m.* Aaron 5:45-6:30 p.m.** Krista		12:00-12:30 p.m.* Aaron		
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	
Les Mills Core (Room 305) Fee M FREE, NM \$49	5:15-5:45 a.m. Char 9:40-10:10 a.m. Stephen 5:30-6:00 p.m. Ken		5:15-5:45 a.m. Char 9:40-10:10 a.m. Stephen 5:30-6:00 p.m. Ken			
Silver Sneakers (Room 306) Fee: M FREE, NM \$53 *Fee: M FREE, NM \$35	10:45-11:30a.m. (Classic) Melissa 1:00-1:45 p.m. (Chair Yoga) Lyssa	8:30-9:15 a.m.* (Cardio) Sandy 10:30-11:15 a.m.* (Cardio) Linda 1:00-1:45 p.m.* (Classic) Linda	10:45-11:30 a.m. (Classic) Melissa 1:00-1:45 p.m. (Chair Yoga) Lyssa	8:30-9:15 a.m.* (Cardio) Sandy 10:30-11:15 a.m.* (Cardio) Linda 1:00-1:45 p.m.* (Classic) Alexandria	10:45-11:30 a.m. (Classic) Melissa 1:00-1:45 p.m. (Chair Yoga) Lyssa	
Yoga (Room 305) Fee: M FREE, NM \$35						10:30-11:30 a.m. Charlotte
Zumba (Studio) Fee: M FREE, NM \$84		6:45-7:45 p.m. Alexandria		6:45-7:45 p.m. Alexandria		



**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.