

# WELLNESS PROGRAM CLASS SCHEDULE

Spring 2022 (9 week session)

April 11-June 11

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BodyCombat (Les Mills)(Studio)</b> *Fee: M FREE, NM \$108 **Fee: M FREE, NM \$162 ***Fee: M FREE, NM \$54	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
<b>BodyFlow (Les Mills)</b> *Fee: M FREE, NM \$81 (studio) **Fee: M FREE, NM \$108 (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		
<b>BodyPump (Les Mills) (Studio)</b> *Fee: M FREE, NM \$108 ***Fee: M FREE, NM \$54	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
<b>Cardio &amp; Tone (Studio)</b> *Fee: M FREE, NM \$108 **Fee: M FREE, NM \$162	9:40-10:40 a.m.** Sandy/Emily 5:35-6:35 p.m.* Emily/Sandy		9:40-10:40 a.m.** Sandy/Emily 5:35-6:35 p.m.* Emily/Sandy		9:40-10:40 a.m.** Sandy/Emily	
<b>Cycling (Bike Room)</b> *Fee: M FREE, NM \$81 **Fee: M FREE, NM \$41	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
<b>H.I.I.T. (Studio)</b> *Fee M FREE, NM \$54		4:45-5:15 p.m.* Matt		4:45-5:15 p.m.* Matt		
<b>Indo-Rowing Circuit (Room 305)</b> *Fee M FREE, NM \$54		12:00-12:30 p.m.* Aaron		12:00-12:30 p.m.* Aaron		
<b>Kettle Bell (Room 305)</b> Fee M FREE, NM \$81	6:00-6:30 a.m. Tricia		6:00-6:30 a.m. Tricia		6:00-6:30 a.m. Tricia	
<b>Les Mills Core (Room 305)</b> Fee M FREE, NM \$63	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			
<b>Silver Sneakers (Room 306)</b> Fee: M FREE, NM \$68 *Fee: M FREE, NM \$45	10:45-11:30a.m. (Classic) Melissa 1:00-1:45 p.m. (Chair Yoga) Linda	8:30-9:15 a.m. * (Cardio) Sandy 10:30-11:15 a.m.* (Cardio) Bobbie 1:00-1:45 p.m.* (Classic) Linda	10:45-11:30 a.m. (Classic) Melissa 1:00-1:45 p.m. (Chair Yoga) Linda	8:30-9:15 a.m. * (Cardio) Sandy 10:30-11:15 a.m.* (Cardio) Bobbie 1:00-1:45 p.m.* (Classic) Alexandria	10:45-11:30 a.m. (Classic) Melissa 1:00-1:45 p.m. (Chair Yoga) Linda	
<b>Yoga (Room 305)</b> Fee: M FREE, NM \$45						10:30-11:30 a.m. Alicia
<b>Zumba (Studio)</b> Fee: M FREE, NM \$108		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.