

WELLNESS PROGRAM CLASS SCHEDULE

Summer I 2022 (7 week session)/Summer II 2022 (5 week session)

June 13-July 30 / August 1– September 10

| 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 |
| BodyBalance (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 126 ***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 | 8:30-9:30 a.m.** Grace | 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/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 | |
| 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 \$21 | | 4:45-5:15 p.m. Matt | | | | |
| Indo-Rowing Circuit (Room 305) Fee M FREE, NM \$42 | | 12:00-12:30 p.m. Aaron | | 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) 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 | 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 | |
| Zumba (Studio) Fee: M FREE, NM \$84 | | 6:45-7:45 p.m. Alexandria | | 6:45-7:45 p.m. Alexandria | | |

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.



**BE HEALTHY
BE STRONG
BELONG**