

WELLNESS PROGRAM CLASS SCHEDULE

Winter I (7 week session) 2024

January 7-February 24

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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			
BodyCombat (Les Mills) *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	
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.** Grace 6:45-7:45 p.m.* Traci	5:05-6:05 a.m.* Romi 9:30-10:30 a.m.* Terri 5:30-6:30 p.m.* Brook	8:30-9:30 a.m.** Grace 6:45-7:45 p.m.* Traci	5:05-6:05 a.m.* Romi 9:30-10:30 a.m.* Terri 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.** Grace 5:35-6:35 p.m.* Emily		9:40-10:40 a.m.** Grace 5:35-6:35 p.m.* Emily		9:40-10:40 a.m.** Grace		
Cycling (Bike Room) *Fee: M FREE, NM \$63 **Fee: M FREE, NM \$32	12:10-12:40 p.m.* Terri 5:30-6:15 p.m.* Andrea	6:00-6:45 a.m.* Stephen	12:10-12:40 p.m.* Terri 5:30-6:15 p.m.* Andrea	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		12:00-12:30 p.m. Olivia		12:00-12:30 p.m. Olivia			
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				
Pound (Gymnastics room) Fee: M FREE, NM \$42							12:05-1:05 p.m. Kara
Silver Sneakers (Room 306) Fee: M FREE, NM \$53 *Fee: M FREE, NM \$35	10:45-11:30 a.m. (Classic) Emily 1:00-1:45 p.m. (Chair Yoga) Linda	8:30-9:15 a.m.* (Cardio) Tonya 10:30-11:15 a.m.* (Cardio) Bobbie 1:00-1:45 p.m.* (Classic) Alexandria	10:45-11:30 a.m. (Classic) Linda 1:00-1:45 p.m. (Chair Yoga) Linda	8:30-9:15 a.m.* (Cardio) Tonya 10:30-11:15 a.m.* (Cardio) Bobbie 1:00-1:45 p.m.* (Classic) Linda	10:45-11:30 a.m. (Classic) Emily 1:00-1:45 p.m. (Chair Yoga) Linda		
TRX (Gymnasium) Fee: M FREE, NM \$63		6:00-6:45 a.m. Ken		6:00-6:45 a.m. Ken			
Yoga (Gymnastics room) Fee: M FREE, NM \$42	Traditional Yoga 4:15-5:15 p.m. Lindsay (Room 305)					Traditional Yoga 9:00-10:00 a.m. Lindsay (Gymnastics Rm)	Deep Stretch 1:15-2:30 p.m. Kara (Gymnastics Rm)
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, \$8 per class for non-members!

-All 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.