

## MONDAY

9:10 - 10:00am ... Pilates - Level 1 & 2 Sherrese  
 10:10 - 11:00am ... Seniors Pilates..... Kathy  
 11:10 - 12:00pm ... Zumba!† ..... Gerardo  
 12:10 - 1:00pm ... Pilates - Level 2 & 3 Jennifer  
 5:10 - 6:00pm ... Boot Camp\*† ..... Maggie M.  
 5:10 - 6:00pm ... Pilates - Level 1 & 2 Jenn H.  
 6:10 - 7:00pm ... Zumba!† ..... Maitane  
 6:10 - 7:00pm ... Power Vinyasa Yoga\* Jenn H.  
 7:15 - 8:30pm ... Hip Hop† ..... Monica

## WEDNESDAY

9:10 - 10:00am ... Pilates - Level 1 & 2 Sonya M.  
 10:10 - 11:00am ... Seniors Pilates..... Kathy  
 11:10 - 12:00pm ... Zumba! ..... Monica  
 12:10 - 1:00pm ... Pilates - Level 2 & 3 Monica  
 3:30 - 4:45pm ... Community Yoga\*\* Various  
 5:10 - 6:00pm ... Pilates - Level 2 ..... Sherrese  
 5:45 - 7:00pm ... PreNatal Yoga\* ..... Maggie B.  
 6:10 - 7:00pm ... Pilates - Level 1 & 2 Jordan  
 7:10 - 8:00pm ... Zumba!† ..... Nicole

## FRIDAY

8:45 - 10:00am ... Gentle Yoga ..... Jenn  
 9:10 - 10:00am ... Pilates - Level 2\*..... Jennifer  
 10:10 - 11:00am ... Gyrokinesis ..... Siena  
 11:10 - 12:00pm ... Zumba!† ..... Gerardo  
 12:10 - 1:00pm ... Lunchtime Yoga 2&3 Jenn H.  
 5:10 - 6:00pm ... Pre/Post Natal Yoga\* Maggie B.  
 5:10 - 6:00pm ... Pilates - Level 1 & 2 ... Sonya McV.  
 6:10 - 7:00pm ... Zumba!† ..... Monica

## TUESDAY

6:45 - 8:00am ... Yoga - Level 1 & 2 ..... Monica  
 9:00 - 10:00am ... Boot Camp† ..... Sherrese  
 10:10 - 11:00am ... Ball - Level 2 & 3 ..... Loni  
 11:10 - 12:00pm ... Meditative Chi Gong Ardath  
 12:10 - 1:00pm ... Lunchtime Yoga 1&2 Gabriele  
 12:10 - 1:00pm ... Pilates - Level 1 & 2\* Jae  
 4:30 - 5:25pm ... BODECI Workout† ... Debra D.  
 6:10 - 7:00pm ... Intro to Pilates\* ..... Jamie  
 6:10 - 7:00pm ... Pilates - Level 1 & 2 ... Jeanne-Marie  
 7:10 - 8:25pm ... Yoga - Level 1 & 2 ..... Clare

## THURSDAY

6:45 - 8:00am ... Yoga - Level 1 & 2 ..... Monica  
 9:00 - 10:00am ... Boot Camp† ..... Sherrese  
 10:10 - 11:00am ... Zumba!† ..... Kelly  
 12:10 - 1:00pm ... Pilates Deep Stretch... Jenn  
 4:30 - 5:25pm ... BODECI workout ..... Debra D.  
 5:45 - 7:00pm ... Iyengar Yoga - 1 & 2... Ilene  
 6:10 - 7:00pm ... Pilates - Level 2\*..... Sonya McV.  
 7:10 - 8:00pm ... Zumba!† ..... Maitane

## SATURDAY

8:00 - 8:55am ... BODECI Workout† Debra D.  
 9:10 - 10:00am ... Pilates - Level 1 & 2 Sonya M.  
 10:10 - 11:00am ... Intro to Pilates\* ..... Jae  
 10:10 - 11:00pm ... Pilates - Level 2 ..... Sherrese  
 11:10 - 12:00pm ... Pilates - Level 1\*..... Jae  
 11:10 - 12:00pm ... Zumba!† ..... Zumba Team  
 12:15 - 1:15pm ... Beginning Adult Ballet ... Cynthia

## SUNDAY

8:10 - 9:00am ... Zumba!† ..... Gina  
 9:10 - 10:00am ... Pilates - Level 1 & 2 Sonya McV.  
 10:15 - 11:30am ... Yoga - All Levels ..... Jenn H.  
 11:40 - 12:30pm ... Zumba ..... Kelly

### CLASS RATES

All classes on schedule

One Class \$14  
 5 Class Card \$65  
 10 Class Card \$120  
 15 Class Card \$165

\*\*Community Yoga is a donation only based class\*\*

### BEGINNER SPECIAL

Unlimited classes for 30 days for \$50. See details on web or at front desk.

### MONTHLY UNLIMITED

Unlimited classes \$135 per month with signed 3 month agreement.

### MONTHLY UNLIMITED PLUS

Unlimited classes PLUS 4 springboards sessions \$195 per month with signed agreement.

### SINGLE MONTH UNLIMITED

Unlimited classes \$165 per month  
*Details at front desk.*

### KEY

\* - Class in Small Classroom

† - Wear shoes to this class

Level 1 = Beginning

Level 2 = Intermediate

Level 3 = Advanced