



WINTER GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00am Yogalates Helen	8:00-9:00am Strong Bodies Helen		8:00-9:00am Strong Bodies Yvonne	8:45-9:45am Yogalates Helen	8:15-9:15am Strong Bodies Donna	
		9:00-10:00am Cardio Circuit/ Pilates Noreen		10:00-11:00am Enhance Nancy Special Program		
10:00-11:00am Enhance Rachel/Helen Special Program	10:00-11:00am Zumba Gold Amanda	10:00-11:00am Enhance Nancy Special Program				
6:30-7:30 pm Yoga Kristen	6:00-6:50 pm Strong Bodies Donna	6:00-6:40 pm Spin Amy	6:00-6:50pm Circuit 6 Donna	Ages 12 years and up are welcome to participate in any of our group exercise classes. Note: Classes may be cancelled due to low participation, please check with the front desk for current schedule.		
	GROUP EXERCISE CLASS FEE: Members: Free • Youth: \$6.00 • Adult: \$6.00 Punch Card: \$60.00 for 10 visits			Effective February 1st-April 1st		

Cycle/Core – 60 minute class: This indoor cycling class is tailored for the beginner, intermediate and advanced levels with segments of hill climbs, jumps, flat roads, sprints or intervals with music. 60 minute spin/core classes include 15-20 minutes of “core” work (abs, lower back and glutes) in various styles of pilates, floor, balls, or weights.

Strength and Endurance - 60 minute class: Strength training is an important aspect of overall well being. Get a great total body workout while increasing muscular strength and endurance.

Strong Bodies – 50 minute class: This class is weightlifting to music for a total body workout. You will be utilizing a barbell with adjustable weights; great for men and women.

Yogalates – 60 minute class: This class combines moves from Yoga and Pilates for the perfect combination of toning, flexibility and stress reduction.

Cardio Mix – 60 minute class: Zumba, Step, Spin and more! See the desk for current line up of classes and instructors

Yoga – 60 minute class: Class includes flowing from one pose to the next to reap huge benefits from practice.

Circuit 6-50 minute class: Challenge yourself one minute at a time with this fast paced cardio class

Pound– 45 minute class: Class uses lightly weighted drumsticks to offer a full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements



WEST END FALL/WINTER HOURS

FACILITY HOURS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN	5:00am	5:00am	5:00am	5:00am	5:00am	7:00am	10:00am
CLOSE	8:00pm	8:00pm	8:00pm	8:00pm	7:00pm	3:00pm	3:00pm

TOT WATCH

Ages 6 weeks to 7 years (Reservations for non-walkers)

Tot Watch will close if no children are present 30 minutes prior to scheduled closing time

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN	9:00am	9:00am	9:00am	9:00am	9:00am	9:00am	closed
CLOSE	12:30pm	12:30pm	12:30pm	12:30pm	12:30pm	11:00am	closed

**Based on past usage and participants feedback we won't have evening Tot Watch hours

SAUNA Ages 18 and up.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN	8:00am	8:00am	8:00am	8:00am	8:00am	10:00am	10:00am
CLOSE	7:30pm	7:30pm	7:30pm	7:30pm	6:30pm	2:30pm	2:30pm

Rock Wall

Youth under 12 must have direct supervision. Youth 12 and older may supervise younger children and use the wall on their own. Socks must be worn at all times.

Effective Sept 4th-May 28th