



SUMMER 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		8:15-9:15am Strong Bodies Donna	
		9:00-10:00am Cardio Circuit/ Pilates Noreen				
10:00-11:00am Enhance Special Program Rachel/Helen		10:00-11:00am Enhance Special Program Nancy	10:00-10:45am Beginning Yoga Helen	10:00-11:00am Enhance Special Program Nancy		
	6:00-6:50 pm Strong Bodies Donna		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 July 13th-August 30th		

Indoor Cycling – 40 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.

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.

YOGA – 45 or 60 minute class

Various styles of yoga that focus on breathing and posture along with a series of poses to restore the body to a more healthful state. Gentle yoga is a slower pace. Chair Yoga allows participants a slower pace and help with a chair for stability and seated options for easier options, which is great for older populations. Many options for various levels.

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

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

ZUMBA GOLD– 60 minute class

A fusion of Latin and International music and dance themes. Routines feature aerobic and interval training with a combination of fast and slow rhythms that tone & sculpt. Zumba GOLD is a slower pace, low impact and basic moves designed for older populations, beginners, or anyone that wants a lower intensity class.



WEST END SUMMER 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	7:30pm	7:30pm	7:30pm	7:30pm	7:00pm	2:00pm	2:00pm

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

**If there are other days and times that you would use please provide us feedback.

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	7:00pm	7:00pm	7:00pm	7:00pm	6:30pm	1:30pm	1:30pm

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 May 28th-Sept 2nd