



# WINTER GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:15am Yogalates + Meditation Helen	8:00-9:00am Strong Bodies Helen	9:00-10:00am Cardio Mix Noreen	8:00-9:00am Strong Bodies Yvonne		8:15-9:15am Strong Bodies Donna	
10:00-11:00am Enhance Rachel/Helen Special Program		10:00-11:00am Enhance Nancy Special Program	10:00-11:00 Beginning Yoga Helen	10:00-11:00am Enhance Nancy Special Program		
	6:00-6:50 pm Strong Bodies Donna					
6:30-7:30pm Yoga Kristen				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 2-March 1st		

**Indoor Cycling** – 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** – 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** – 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** – This class combines moves from Yoga and Pilates for the perfect combination of toning, flexibility and stress reduction. ( Monday morning adds an optional 15 min meditation)

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

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

**FighterFIT** Workouts modeled after five 5 minute round championship fights from UFC! Includes kickboxing, calisthenics, and ground fighting techniques in a fun energetic manner.



# WEST END

## 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	11:00am
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