



## Winter 2012 (January 2<sup>nd</sup>-March 25th) Group Fitness Schedule

All classes are approximately 55 minutes long to allow for transition between back-to-back classes. Each class has equipment for approximately 12 participants.

Time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
5:30-6:30am	N O						
9:00-10:00am	C L A S	<b>Zumba</b>  <i>Tina</i>	<b>Boot Camp</b>  <i>Alyson</i>	<b>Zumba</b>  <i>Tina</i>	<b>Boot Camp</b>  <i>Alyson</i>	<b>Zumba</b>  <i>Tina</i>	<b>Zumba</b>  <i>Emily</i>
10:00-11:00am	S E S	<b>Bosu/Core</b>  <i>Misty</i>	<b>Yoga</b>  <i>Tina</i>	<b>Bosu/Core</b>  <i>Grace</i>	<b>Yoga</b>  <i>Tina</i>	<b>Bosu/Core</b>  <i>Misty</i>	<b>Boot Camp</b>  <i>Deb S,</i>
5:30-6:30pm	S U N D	<b>Bosu/Core</b>  <i>Christine</i>	<b>Zumba</b>  <i>Becky</i>	<b>Boot Camp</b>  <i>Alyson</i>	<b>Zumba</b>  <i>Becky</i>	<b>Bosu/Core</b>  <i>Deb S.</i>	
6:30-7:30pm	A Y	<b>Zumba</b>  <i>Emily</i>	<b>Cardio Kickboxing</b>  <i>Alyson</i>	<b>Zumba</b>  <i>Emily</i>	<b>Cardio Kickboxing</b>  <i>Alyson</i>	<b>Zumba</b>  <i>Emily</i>	

**Class Prices**

Land & Water Pass-No Charge

Punch Card pass rate- \$4

Drop-in rate-\$6

