

2013 Spring Specialties Schedule

Aerobic Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00-11:00 am Yoga Chiao				10:00 – 10:45 am Pre-ballet Back in Jan.
	5:30-6:30 pm Pilates Joy Love		6:30-8:00 pm Little Wolves TKD In-session last class til fall 2013		6:30-7:30 pm Yoga Chiao	2:00-3:00pm Yoga Chiao

Yoga & Pilates Punch cards: \$70.00 for 10 classes or \$8.00 per class.

\$60.00 for 10 classes for members or \$7.00 per class

**Add Yoga Plus to membership pay \$45.00 per month for unlimited!*

Guided Meditation: Six week consecutive session

Pre-ballet : \$45.00 Member \$55.00 Non-member, 8-weeks

Taekwondo: \$55.00 Member \$65.00 Non-member, 16 weeks

Swimming Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				4:00-6:00 pm Spring Session begins April		

Swimming Lessons: 8-Weeks \$45.00 Members \$60.00 Non-members

Functional Fitness Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00 am – 7:00 am Combine Training Carolyn Richards		6:00 am – 7:00 am Combine Training Carolyn Richards		
	9:00-10:00 am Total TRX Stacey F.		10:15-11:00 TRX Yoga Stacey F.			8:30-9:30 am Ignite Workout Challenge Carolyn Richards 3 rd Sat of Month
***SHADED AREAS ARE AVAILABLE CLASSES BUT REQUIRE SIGN-UP AT FRONT DESK –will be held with enough participants!						
11:00 am–12:00 am Functional Awareness Youth 7 - 14 Carolyn Richards First Sunday of month			12:00-1:00 pm RIP Combo Gus			
	<i>BLOCKSPORT SPECIFIC</i>	<i>BLOCK SPORT</i>	<i>BLOCK SPORT SPECIFIC</i>	<i>BLOCK SPORT</i>	<i>BLOCKSPORT</i>	

04/15/13

	<i>TRAINING</i>	<i>SPECIFIC TRAINING</i>	<i>TRAINING</i>	<i>SPECIFIC TRAINING</i>	<i>SPECIFIC TRAINING</i>	
	5:45 pm – 6:30 pm Total TRX Kelly/Teresa		5:45 pm – 6:30 pm Total TRX Kelly/Teresa			
			6:45 pm – 7:45 pm Tri-Combine Training Closed Group Carolyn R.			

Spinning Studio –

			6:00-7:00 am Spinning Carolyn		6:00-7:00 am Spinning Lee R	
			9:00 am -10:00 am Spinning Stacey F.		9:00-10:00 am Spinning Joy Love	
		12:00-1:00 pm Spinning Back in Fall		12:00-1:00 pm Spinning Back in Fall		4:00pm – 5:00 pm “Spin” Beer Run Back in Fall
		5:45-6:45 Spinning Back in Fall		5:45-6:45 Spinning Back in Fall		

***Specialty Plus Memberships available (includes Spinning® & Functional Fitness TRX/Training or Playing is my sport, RIP Ignite workouts & Challenges - classes unlimited) see the front desk for options. **Does not include sport specific Training – in Functional Training Room.**

Punch cards: \$35.00 Members/\$4.50 per class \$65.00 Non-member/\$7.50 per class

Club Hours:

Fall Hr.s: Sept – Nov. 1st
5:30 am – 9:00 pm M-Th.
5:30 am – 8:00 pm Fri.
7:30 am – 4:30 pm Sat.
9:00 am – 1:00 pm Sun.

Winter Hrs.: Nov. – Mar. 31st
5:30 am – 9:00 pm M-Th.
5:30 am – 8:00 pm Fri.
7:30 am – 7:30 pm Sat.
9:00 pm – 4:00 pm Sun.

Spring Hours: Apr.-May
5:30 am – 9:00 pm M-T
5:30 am – 8:00 pm Friday
7:30 am – 4:30 pm Sat.
9:00 am – 1:00 pm Sun.

Summer Hours: June-Aug.
5:30 am – 8:00 pm M - F
7:30 am – noon Saturday
9:00 am – 1:00 pm Sun.