

ADULT AT-A-GLANCE

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Memb. Fee	Cmty. Fee	Location	Pg
Aquatics - Therapeutic										
Fibromyalgia Aqua Ex	10:30 - 11:15 am		10:30 - 11:15 am		10:30 - 11:15 am		33	99	Warm Pool	17
Fibromyalgia Aqua Ex	11:15 - noon		11:15 - noon		11:15 - noon		33	99	Warm Pool	17
Fibromyalgia Aqua Ex	5:15 - 6:00 pm		5:15 - 6:00 pm		5:00 - 6:00 pm		33	99	Warm Pool	17
MS Aquatic Ex		10:45 - 11:30 am		10:45 - 11:30 am			26	78	Cool Pool	17
Slow & Easy	8:15 - 9:00 am		8:15 - 9:00 am		8:15 - 9:00 am		33	99	Warm Pool	18
Slow & Easy	10:30 - 11:15 am		10:30 - 11:15 am		10:30 - 11:15 am		33	99	Warm Pool	18
Slow & Easy	11:15 am - Noon		11:15 am - Noon		11:15 am - Noon		33	99	Warm Pool	18
Slow & Easy	5:15 - 6:00 pm		5:00 - 5:45 pm		5:00 - 5:45 pm		33	99	Warm Pool	18
Slow & Easy		11:15 am - Noon		11:15 am - Noon			26	78	Warm Pool	18
Water Walk	8:20 - 9:20 am		8:20 - 9:20 am		8:20 - 9:20 am		33	99	Cool Pool	18
Sports										
Tae Kwon Do	6:00 - 7:00 pm		6:00 - 7:00 pm				40	80	Mississippi Room	18
Wellness Classes										
Brick Cycling				7:30 - 8:30 pm			25	75	Walking Track	19
Y-Ride Indoor Cycling	5:30 - 6:30 am	5:30 - 6:30 am		5:30 - 6:30 am	5:30 - 6:30 am		25**	75**	Walking Track	19
Y-Ride Indoor Cycling	8:30 - 9:30 am	8:30 - 9:30 am	8:30 - 9:30 am		8:30 - 9:30 am		25**	75**	Walking Track	19
Y-Ride Indoor Cycling	5:30 - 6:30 pm	5:30 - 6:30 pm		5:30 - 6:30 pm			25**	75**	Walking Track	19
Y-Ride Indoor Cycling						9:00 - 10:00 am	25**	75**	Walking Track	19
Y-Ride Indoor Cycling	Second Session	Only: Sundays 1:00 - 2:00 pm					25**	75**	Walking Track	19
FlexAware				6:00 - 7:00 pm			28	84	Mississippi Room	19
Kukuwa Dance		6:45 - 7:45 pm					21	63	Studio	19
Kukuwa Dance			10:45 - 11:30 am				21	63	Studio	19
Belly Dancing	7:30 - 8:30 pm						28	84	Studio	19
Body Fusion	9:45-10:30 am						21	63	Studio	19
Core/Pilates	6:30 - 7:15 pm		6:30 - 7:15 pm				42	126	Studio	19
Core/Pilates		7:30 - 8:15 am		7:30 - 8:15 am			42	126	Studio	19
Core/Pilates			9:45 - 10:30 am		9:45 - 10:30 am		42	126	Studio	19
Core/Pilates			6:35 - 7:20 pm				21	63	Studio	19
Hatha Yoga				7:00 - 8:00 pm			56	98	Studio	20
Walkin' Track Tuesdays		10:45 - 11:15 pm					FREE	3.50	Walking Track	20
SilverSneakers I	10:45 - 11:30 am		10:45-11:30 am		10:45 - 11:30 am		FREE	3.50/class	Studio	20
Active for Life		9:45 - 10:45 am		9:45 - 10:45 am			FREE	3.50/class	Studio	20
Free Weight Training						9:30 - 11:00 am	48	96	Wellness Center	20
Group Strength	5:30 - 6:30 am		5:30 - 6:30 am				FREE	Fit Pass*	Studio	20
Group Strength	8:30 - 9:30 am		8:30 - 9:30 am		8:30 - 9:30 am		FREE	Fit Pass*	Studio	20
Group Strength					5:45-6:45 am		FREE	Fit Pass*	Studio	20
Group Strength	4:30 - 5:15 pm		4:30 - 5:15 pm				FREE	Fit Pass*	Studio	20
BeginnerTotal Fitness		4:30 - 5:30 pm		4:30 - 5:30 pm			FREE	Fit Pass*	Studio	20
Total Cardio		8:30 - 9:15 pm		8:30 - 9:15 pm			FREE	Fit Pass*	Studio	20
Total Cardio	5:30 - 6:15 pm		5:30 - 6:15 pm				FREE	Fit Pass*	Studio	20
Total Fitness		5:35 - 6:35 pm		5:35 - 6:35 pm			FREE	Fit Pass*	Studio	20
Total Fitness						8:00 - 9:15 am	FREE	Fit Pass*	Studio	20
*Community Fitness Class Pass \$140										
**Per class hour										