

YOUTH/TEENS AT-A-GLANCE

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Memb. Fee	Cmty. Fee	Location	Pg
Wellness Classes										
Geo/Strength		5:30 - 6:30 pm					18	36	Mississippi Room	13
Kukuwa Dance		6:45 - 7:30 pm					21	42	Studio	13
Belly Dancing	7:30 - 8:30 pm						28	56	Studio	13
Core/Pilates	6:30 - 7:15 pm		6:30 - 7:15 pm				42	84	Studio	13
Core/Pilates			6:35 - 7:20 am				21	42	Studio	13
Hatha Yoga				7:00 - 8:00 pm			56	98	Studio	13
Group Strength Training	5:30 - 6:30 am		5:30 - 6:30 am				FREE	Fit Pass*	Studio	13
Group Strength Training	4:30 - 5:15 pm		4:30 - 5:15 pm				FREE	Fit Pass*	Studio	13
Group Strength Training						5:45-6:45 am	FREE	Fit Pass*	Studio	13
Total Fitness		5:35 - 6:35 pm		5:35 - 6:35 pm			FREE	Fit Pass*	Studio	13
Total Fitness						8:00 - 9:15 am	FREE	Fit Pass*	Studio	13
BeginnerTotal Fitness		4:30 - 5:30 pm		4:30 - 5:30 pm			FREE	Fit Pass*	Studio	13
Total Cardio	5:30 - 6:15 pm		5:30 - 6:15 pm				FREE	Fit Pass*	Studio	13
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**	50**	Walking Track	14
Y-Ride Indoor Cycling	5:30 - 6:30 pm	5:30 - 6:30 pm		5:30 - 6:30 pm			25**	50**	Walking Track	14
Y-Ride Indoor Cycling						9:00 - 10:00 am	25**	50**	Walking Track	14
Y-Ride Indoor Cycling	Sundays 1:00 - 2:00 pm						25**	50**	Walking Track	14
*Community Fitness Pass \$140										
**Per class hour - Cycling class times vary from Session I to Session II (see page 14).										