

Summer 2015

CLASSES

MON	TUE	WED	THUR	FRI	SAT
8am - 9:45am Yoga Elizabeth Wright \$4.00/Sr.\$2.00	7:00am - 8:00 am Fukien Shaolin Tai Chi Daniel Persona \$4.00/Sr. \$2.00	8:00am - 9:30am Yoga Edie Tsong \$4.00/ Sr.\$2.00	7:00am - 8:00am Fukien Shaolin Tai Chi Daniel Persona \$4.00/Sr. \$2.00	8am - 9:45am Yoga Elizabeth Wright \$4.00/ Sr.\$2.00	8:15-9:30am Hatha Flow Yoga Mixed Level Edie Tsong \$4.00/Sr.\$2.00
10:00am - 11:15am Low Impact Aerobics (Gym) Julie \$5.00	8:15am - 9:30am Pilates Fusion Debbi Widrick \$4.00/Sr.\$2.00	10-11:15am Low Impact Aerobics (Gym) Julie \$5.00	8:15am - 9:30am Pilates Fusion Debbi Widrick \$4.00/Sr.\$2.00	10-11am Senior Low Impact Aerobics Debbie Widrick \$4.00/Sr.\$2.00	10:30 am - 12:00 pm Hatha Yoga Elizabeth Wright \$4.00/ Sr. \$2.00
11:30am - 12:30pm Beginner Pilates Julie \$5.00	9:45 - 11:00am Gentle Yoga Patti \$4.00/Sr.\$2.00	12:00pm - 1:00pm High/Low Aero & Body Sculpting Nancy \$4.00/Sr.\$2.00	9:45 - 11:00am Gentle Yoga Aaron;000047617? \$4.00/Sr.\$2.00	11:00am - 12:00pm World Beat Cardio Jam Julie \$4.00/Sr.\$2.00	12:00pm - 1:00 pm White Dragon Kung Fu \$4.00/Sr. \$2.00
12:30pm - 1:30pm Intermediate Pilates Julie \$5.00	11:05am - 11:50 am Bone Density/Core Ursula \$4.00/Sr. \$2.00		12:00pm - 1:00pm Body Sculpt Julie (Gym) \$5.00	12:00pm - 1:00pm Intermediate Pilates Julie \$5.00	
	12:00pm - 12:50pm Zumba Gold Ursula \$4.00/Sr. \$2.00	4:00pm - 5:20pm Modern Jazz Julie \$5.00	1:00pm - 1:30pm Yoga Julie \$5.00	3:00pm - 5:00pm Table Tennis Open to all \$3.00	
3:00pm - 5:00pm Table Tennis Open to all \$3.00	12:00pm - 1:00pm Body Sculpt Julie (Gym) \$5.00	5:30pa - 6:30pm Multi-Level Pilates Julie \$5.00	5:30pm - 6:45pm Body Sculpt Nancy \$4.00/Sr.\$2.00	7:00pm - 8:00pm White Dragon Kung Fu \$4.00/Sr. \$2.00	
5:30pm-6:45pm High/Low Aero & Body Sculpting Nancy \$4.00/Sr.\$2.00	1:00pm - 1:30pm Yoga Julie \$5.00	7:00pm - 8:00pm White Dragon Kung Fu \$4.00/Sr. \$2.00			
	5:30pm-6:30pm Body Sculpt & Conditioning Geri Rodriguez \$4.00/Sr.\$2.00				

FITNESS HOURS MONDAY – FRIDAY 6 AM – 8:30 PM SATURDAY 8 AM – 4 PM SUNDAY –CLOSED
 CLASS MEMBERSHIPS: 10 CLASSES FOR \$39.00 / SR. \$19.00 EXCLUDES INSTRUCTOR PAID CLASSES!

Julie's Classes \$5.00 ea. Unless otherwise stated.

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