

CLASSES

SUMMER 2019

MON	TUE	WED	THUR	FRI	SAT
	7:00am - 8:00 am Fukien Shaolin Tai Chi Daniel \$5.00/Sr:\$3.00	8:00am - 9:30am Yoga Edie Tsong \$5.00/Sr:\$3.00	7:00am - 8:00am Fukien Shaolin Tai Chi Daniel \$5.00/Sr:\$3.00		8:15 - 9:30am Yoga Marion \$5.00/Sr.\$3.00
8:00am - 9:15am Power Vinyasa Yoga Kristyn \$5.00/Sr:\$3.00	8:15am - 9:30am Pilates Fusion Debbi Widrick \$5.00/Sr.\$3.00	10:00am-11:00am Low Impact Cardio Dance Julie \$7.00	8:15am - 9:30am Pilates Fusion Debbi Widrick \$5.00/Sr.\$3.00	8am - 9:30am Yoga Edie Tsong \$5.00/Sr:\$3.00	10:30am-11:45am Power Vinyasa Yoga Sahar \$5.00/Sr.\$3.00
10:00am-11:00am Low Impact Cardio Dance Julie \$7.00	8:30am-11:30am Pickle Ball \$5.00	Basketball lunch drop in 11:30am-1:00pm GYM \$3.00	8:30am-11:30am Pickle Ball \$5.00	10am - 11am Judy's Dance Fitness Judy Gallegos \$5.00/Sr.\$3.00	
Basketball lunch drop-in 11:30am-1:00pm GYM \$3.00	9:45 - 11:00am Gentle Yoga Patti \$5.00/Sr.\$3.00	12:00pm-1:00pm Zumba Victoria Dalton \$5.00 / Sr:\$3.00	9:45 - 11:00am Gentle Yoga Aaron Rhodes \$5.00/Sr.\$3.00	World Beat Cardio Jam + Core 11:00am-12:45pm Julie \$7.00	12:00pm - 1:00 pm White Dragon Kung Fu Neils \$5.00/Sr:\$3.00
11:45am-12:45pm Core & More Stephanie \$5.00/Sr. \$3.00		1:45pm - 2:45pm Arthritis Tai Chi Kathy Smith \$5.00/Sr.\$3.00	11:45am-12:45pm Core & More Stephanie \$5.00/Sr. \$3.00	11:30am - 1:30pm Basketball lunch drop-in 11:30am-1:00pm GYM \$3.00	
1:45pm - 2:45pm Arthritis Tai Chi Kathy Smith \$5.00/Sr.\$3.00	12:00pm-1:00pm Body Strong Julie \$7.00	4:00pm-5:15pm Modern Dance Technique Julie \$7.00	12:00pm-1:00pm Body Strong Julie \$7.00	12:00pm-12:45pm Core Julie \$7.00	
3:00pm - 5:00pm Table Tennis Open to all \$3.00	1pm-1:30pm Yoga Julie \$7.00	5:30 - 6:45pm Body Sculpt & Conditioning Debbi Widrick \$5.00/Sr.\$3.00	1:00pm-1:30pm Yoga Julie \$7.00	3:00pm - 5:00pm Table Tennis Open to all \$3.00	
5:30pm-6:30pm Zumba Victoria Dalton \$5.00 / Sr:\$3.00	3:00 - 4:30pm Cardio, Core, & Bones Ursula Drabik \$5.00/Sr.\$3.00	7:00pm - 8:00pm White Dragon Kung Fu Neils \$5.00 / Sr:\$3.00		7:00pm - 8:00pm White Dragon Kung Fu Neils \$5.00/Sr:\$3.00	

FITNESS HOURS MONDAY – FRIDAY 6 AM – 8:30 PM SATURDAY 8 AM – 4 PM

CLASS MEMBERSHIPS: 10 CLASSES FOR \$45.00 / SR. \$25.00 EXCLUDES JULIE'S & INSTRUCTOR PAID CLASSES!

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