

# CLASSES

Spring 2018

MON	TUE	WED	THUR	FRI	SAT
6:15am - 7:15am Women's Boot Camp Jim Turner  Pay Instructor	7:00am - 8:00 am Fukien Shaolin Tai Chi Mark Thorson  \$5.00/Sr:\$3.00	6:15am - 7:15am Women's Boot Camp Jim Turner  Pay Instructor	7:00am - 8:00am Fukien Shaolin Tai Chi Mark Thorson  \$5.00/Sr:\$3.00	6:15am - 7:15am Women's Boot Camp Jim Turner  Pay Instructor	8:15 - 9:30am Hatha Flow Yoga Mixed Level Edie Tsong \$5.00/Sr.\$3.00
8:00am - 9:00am Hatha Flow Yoga Kristyn \$5.00/Sr:\$3.00	8:15am - 9:30am Pilates Fusion Debbi Widrick \$5.00/Sr.\$3.00	8:00am - 9:30am Yoga Edie Tsong \$5.00/Sr:\$3.00	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-11:30am Hatha Flow Yoga Kristyn \$5.00/Sr.\$3.00
	9am-11am Pickle Ball (GYM) \$3.00		9am-11am Pickle Ball (GYM) \$3.00	10am - 11am Zumba Judy Gallegos \$5.00/Sr.\$3.00	
	9:45 - 11:00am Gentle Yoga Patti \$5.00/Sr.\$3.00	12:00pm-1:00pm Hatha Flow Yoga Kristyn Pay Instructor \$7.00	9:45 - 11:00am Gentle Yoga Aaron Rhodes \$5.00/Sr.\$3.00		12:00pm - 1:00 pm White Dragon Kung Fu \$5.00/Sr:\$3.00
		1:45pm - 2:45pm Arthritis Tai Chi Kathy Smith \$5.00/Sr.\$3.00			
1:45pm - 2:45pm Arthritis Tai Chi Kathy Smith \$5.00/Sr.\$3.00				3:00pm - 5:00pm Table Tennis Open to all \$3.00	
3:00pm - 5:00pm Table Tennis Open to all \$3.00				7:00pm - 8:00pm White Dragon Kung Fu \$5.00/Sr:\$3.00	
5:30pm-6:30pm Zumba Victoria Dalton \$5.00/Sr:\$3.00		7:00pm - 8:00pm White Dragon Kung Fu \$5.00/Sr:\$3.00			

FITNESS HOURS MONDAY – FRIDAY 6 AM – 8:30 PM SATURDAY 8 AM – 4 PM SUNDAY –CLOSED  
 CLASS MEMBERSHIPS: 10 CLASSES FOR \$45.00 / SR. \$25.00 EXCLUDES INSTRUCTOR PAID CLASSES!

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