

# GROUP EXERCISE SCHEDULE SESSION 1\*\*

Valid January 4th - February 13th, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM					
8:30 AM	Aqua Aerobics-60. <i>Anna</i> . Pool	Yoga - Z 60. <i>Sarah</i>	Aqua Aerobics-60. <i>Anna</i> . Pool	Yoga - Z 60. <i>Sarah</i>	Aqua Aerobics-60. <i>Anna</i> . Pool
9:00 AM	Core Conditioning - Z or Live 45. <i>Murl</i> . MPR		Core Conditioning - Z or Live 45. <i>Murl</i> . MPR		
10:00 AM		SS Yoga - Z 45. <i>Sarah</i>		SS Yoga - Z 45. <i>Sarah</i>	
11:30 AM		Laughter Yoga - Z 30. <i>Sarah</i>		Laughter Yoga - Z 30. <i>Sarah</i>	
5:25 PM	Total Body - Z or Live 60. <i>Murl</i> . MPR	Intense Aqua*-60. <i>Tina</i> . Pool	Total Body - Z or Live 60. <i>Murl</i> . MPR	Intense Aqua*-60. <i>Tina</i> . Pool	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

## Prices per 6-week session: (member/non-member)

Flex Pass: 12-class pass good for any class of your choice\*: \$72

### Land Fitness Classes:

1 class per week: \$22 / \$44  
2 classes per week: \$31 / \$62

### Aqua Aerobics:

1 class per week: \$28 / \$56  
2 classes per week: \$33 / \$66  
3 classes per week: \$39 / \$78

### Yoga: Zoom ONLY

1 class per week: \$25 / \$50  
2 classes per week: \$31 / \$62

### Laughter Yoga: Zoom ONLY

2 classes per week: \$20 / \$35

### Silver Sneakers Yoga: Zoom ONLY

FREE to SS members, \$20 Non-SS Members

\*Intense Aqua: FREE to YMCA members; Non-members: \$3/class

Drop-in Fees: \$8 per class

SS - Silver Sneakers

MPR - Multi-Purpose

Z - Available via Zoom

\*\*Subject to change due to changing  
COVID-19 regulations\*\*

## Members Only

### PICKLEBALL

M/W/F

5:30am-10am

12:30pm-3pm

T/TH

5:30am-8am

10:30am-1pm

SAT

7am-9am

### BASKETBALL

M/T/W/TH/F

5:30am-6:30am

T/TH

6pm-8pm

