

# GROUP EXERCISE SCHEDULE SESSION 2\*\*

Valid February 15th - April 3, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM	*Tabata - 45.DeAnne . MPR		*Tabata - 45.DeAnne . MPR		
7:00 AM	*Men's Core - 45.DeAnne .MPR		*Men's Core - 45.DeAnne .MPR		
8:00 AM	*Tabata - 45.DeAnne . MPR		*Tabata - 45.DeAnne . MPR		
8:30 AM	Aqua Aerobics-60.Anna. Pool	Yoga - Z 60. Sarah	Aqua Aerobics-60.Anna. Pool	Yoga - Z 60. Sarah	Aqua Aerobics-60.Anna. Pool
9:00 AM	Core Conditioning - Z or Live 45.Murl. MPR		Core Conditioning - Z or Live 45.Murl. MPR		
10:00 AM		SS Yoga - Z 45.Sarah		SS Yoga - Z 45.Sarah	
11:30 AM		Laughter Yoga - Z 30.Sarah		Laughter Yoga - Z 30.Sarah	
5:25 PM	Total Body - Z or Live 60.Murl. MPR	Intense Aqua*-60.Tina. Pool	Total Body - Z or Live 60.Murl. MPR	Intense Aqua*-60.Tina. 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  
 \*Men's Core March 1-April 3  
 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: FREE

### Silver Sneakers Yoga: Zoom ONLY

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

### \*Tabata: March 1-April 3

4 wk session: \$64 / \$84  
 Per Week: \$18 / \$25  
 1 Class Drop-In: \$10 / \$15

**\*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

