

# GROUP EXERCISE SCHEDULE SESSION 1

January 3 - February 14, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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			
	Aqua Power-60. Pool		Aqua Power-60. Pool		Aqua Power-60. Pool	
8:30 AM		Yoga - MPR/Z 60. Sarah		Yoga - MPR/Z 60. Sarah		
9:00 AM	Core Conditioning - Z/Live 45.Murl. MPR		Core Conditioning - Z/Live 45.Murl. MPR			Mobility & Bodyweight-60. Charleton . MPR
10:00 AM		SS Yoga-MPR/Z 60.Sarah		SS Yoga-MPR/Z 60.Sarah		
10:15 AM	SS Classic-60. Jenny .Gym		SS Classic-60. Jenny .Gym		SS Classic-60. Jenny .Gym	
5:00 PM				Dog Training 60. Alice MPR		Youth Fencing 11:15-12:30 GYM see desk for fee
5:25 PM	Total Body - Z or Live 60.Murl. MPR	Intense Aqua- 60.Becky/Debbie. Pool	Total Body - Z or Live 60.Murl. MPR	Intense Aqua- 60.Becky/Debbie. Pool		
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## 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

### Yoga: Live or Zoom

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

### Aqua :

1 class per week: \$19 / \$38  
2 classes per week: \$22 / \$44  
3 classes per week: \$26 / \$52

Silver Sneakers: FREE to SS members

SS Classic: \$1 non Y & Non-SS Members  
SS Yoga: \$30/ 6 week for Non-SS Members

### Tabata: (\*Not Flex eligible)

6 week session: \$96 / \$125  
weekly: \$18/25 | daily \$10/15

### Intense Aqua:

FREE to Y members; Non-members: \$3/class  
DOG TRAINING: \$10 to trainer

## FREE to Y Members

Self Organized \*\$5 for guests\*

### \*PICKLEBALL\*

M/W/F

5:30am-9am

12pm - 3pm

T/TH

5:30am-8am

10:30am-1pm

SAT

7am-9am

### BASKETBALL

M- F

5:30-6:30am

T/TH

6pm-8pm

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Z - Available via Zoom | Drop-in Fees: \$8 per class | MPR - Multi-Purpose

