

GROUP EXERCISE SCHEDULE SESSION 5

June 27 - Aug 6, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	*HIIT/Tabata - 45. DeAnne . MPR		*HIIT/Tabata - 45. DeAnne . MPR			6:00 AM
7:00 AM	Men's Core - 45. DeAnne . MPR		Men's Core - 45.DeAnne .MPR			7:00 AM
8:00 AM	Aqua Power60. Pool		Aqua Power-60. Pool		Aqua Power-60. Pool	8:00 AM
8:15 AM	*HIIT/Tabata - 45. DeAnne . MPR		*HIIT/Tabata - 45. DeAnne . MPR			8:00 AM
8:30 AM		Yoga - Z & Live 60. Sarah		Yoga - Z & Live 60. Sarah		8:30 AM
9:00 AM	Core Conditioning - 45 Murl. MPR		Core Conditioning - 45 Murl. MPR			9:00 AM
10:00 AM		SS Yoga - Z & Live 60.Sarah		SS Yoga - Z & Live 60.Sarah		10:00 AM
10:15 AM	SS Classic-60. Jenny .Gym		SS Classic-60. Jenny .Gym		SS Classic-60. Jenny .Gym	10:15 AM
5:00 PM				PUPPY Training 60 Alice MPR		5:00 PM
5:25 PM	Total Body -60.Murl. MPR	Intense Aqua- 60.Becky/Debbie. Pool	Total Body - 60.Murl. MPR	Intense Aqua- 60.Becky/Debbie. Pool		5:25 PM
6:00PM		Youth Fencing 90 Anthony MPR		ADULT Dog training 60 Alice MPR		6:00 PM
6:30 PM		Sign Language 60 Terri Camp Room				6:30 PM
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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

Aqua: *

1 class per week: \$28 / \$56

2 classes per week: \$33 / \$66

3 classes per week: \$39 / \$78

HIIT/Tabata: (*Not Flex eligible)

6 week session: \$96 / \$125

1 Class Drop-In: \$10 / \$15

Yoga: Zoom and Live

1 class per week: \$25 / \$50

2 classes per week: \$31 / \$62

Silver Sneakers Classes: FREE to SS members

SS Classic: \$1 drop-in for Non Y & Non-SS Members

SS Yoga: \$30 per 6 weeks for Non-SS Members

Intense Aqua:

FREE to Y members; Non-members: \$3/class

Laughter Yoga: FREE to EVERYONE!

Drop-in Fees:

\$8 per class

FREE to Y Members

Self Organized. \$5 for non-members.

PICKLEBALL

M/W/F

5:30am-10am

12:30pm-3pm

T/TH

5:30am-8am

10:30am-1pm

SAT

7am-9am

BASKETBALL

M-F

5:30-6:30am

T/TH

6pm-8pm

MPR - Multi-Purpose Z - Available via Zoom

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

