

2017 Fitness Schedule

PASS OPTIONS

Wellness 1
10/20 classes

- Body Sculpting
 - Chair Yoga
 - Strength & Flexibility
 - Senior Strengthening
 - Tai Chi
- Resident- \$60/\$115
NR-\$70/\$135

Wellness 2

- 10/20 classes
 - Pilates
 - Yoga
 - Yin Yoga
 - Zumba
- Resident \$80/\$155
NR-\$90/\$175

Annual Pass

- All fitness classes are included in this pass option.
Residents \$400
Non-Residents \$450

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.		Strength & Flexibility R = \$7 NR = \$8 60 minutes		Strength & Flexibility R = \$7 NR = \$8 60 minutes		Zumba R = \$9 NR = \$10 45 minutes
9:00 a.m.	Body Sculpting R = \$7 NR = \$8 60 minutes		Body Sculpting R = \$7 NR = \$8 60 minutes Tai Chi R = \$7 NR = \$8 60 minutes		Body Sculpting R = \$7 NR = \$8 60 minutes Tai Chi R = \$7 NR = \$8 60 minutes	
10:00 a.m.		Pilates R = \$9 NR = \$10 90 minutes		Pilates R = \$9 NR = \$10 90 minutes		
10:30 a.m.	Yoga R = \$9 NR = \$10 90 minutes		Yoga R = \$9 NR = \$10 90 minutes		Yoga R = \$9 NR = \$10 90 minutes	Yoga R = \$9 NR = \$10 90 minutes
12:15 p.m.	Chair Yoga R = \$7 NR = \$8 60 minutes	Senior Strengthening R=\$7 NR=\$8 60 minutes	Chair Yoga R = \$7 NR = \$8 60 minutes		Senior Strengthening R = \$7 NR = \$8 60 minutes	
6:00 p.m.		Yin Yoga R = \$9 NR = \$10 90 minutes				
6:30 p.m.			Yoga R = \$9 NR = \$10 90 minutes			

Fitness classes/Instructors are subject to change without notice