

Group Exercise Class Schedule

| | Monday | Tuesday | Wednesday | Thursday |
|---------------|---|--------------------------------|---|---|
| 8:00-8:45am | | Zumba Kate | | ZUMBA Cheryl |
| 9:00-10:00am | Aquatic Exercise Therapy Cheryl | Liquid Cardio Cheryl | Aquatic Exercise Therapy Kris | Liquid Cardio Kate |
| 4:30 - 5:30pm | Zumba (5-6pm) Cheryl | | Boot Camp Cheryl | |
| 5:30-6:30pm | | | | Stick Fit (5:30-6:30pm) Jayden/Cheryl |
| 6:30-7:15pm | | Toning Jayden | | |

June ~ 2017

- ❖ Only the classes on this schedule are eligible for the punch card.
- ❖ PLEASE SIGN IN AT THE FRONT DESK EACH TIME YOU COME FOR A CLASS.
- ❖ Punch cards cost \$20.00 for 10 classes. Individual classes will cost \$2.50.
- ❖ Non-members must pay \$5.00 a class or purchase a punch card @ \$35.00 for 10 classes.
- ❖ Punch card patrons may come to an unlimited amount of classes a week.
Once all your punches are used, you may buy more punches.
- ❖ Patrons may check in for a class no sooner than a half hour before it begins.
- ❖ Minimum number of 3 people in each class to have the class.
- ❖ Land exercise classes will be held either in the Fraley or Mishler rooms.
Check with the front desk for class location.
- ❖ Classes may be held outside depending on the instructor/weather.
- ❖ Schedules will rotate every month. Classes will be added or changed due to requests (if possible) and/or more instructors are hired.
- ❖ If you would like to teach a class, either fill out an application or talk with the facility director.

ANNOUNCEMENTS:

Check out our NEW
Stick Fit class!!

**No Deep H2O for the
summer.**