

Fitness Classes

Effective January 2 to April 1, 2012

Time	Class	Instructor	Location	Member	Non-Mbr	Wesley Friend
MONDAY AND WEDNESDAY						
8:00-9:00 am	Yoga	Dorothy	Aerobic Rm	free	\$90	\$65
8:30-9:15 am	Fall Avoidance	Brittany / Jamie	Gymnasium	free	\$90	\$65
9:00-9:45 am	Forever Fit	Erica	Aerobic Rm	free	\$90	\$65
9:45-10:45am	Gentle Yoga	Dorothy	Aerobic Rm	free	\$90	\$65
10:00-10:45 am	BEGINNERS TAI CHI	Collette	Gymnasium	free	\$90	\$65
10:45-11:30 am	Zumba (MONDAY ONLY)	Collette	Aerobic Rm	free	\$45	\$33
10:45-11:30 am	Low Impact Aerobics (WEDNESDAY ONLY)	Collette	Aerobic Rm	free	\$45	\$33
11:45-12:30 pm	Uppercut/PHAT	Kristi / Jamie	Aerobic Rm	free	\$90	\$65
4:00-5:00 pm	Basic Strength	Kyle	Aerobic Rm	free	\$90	\$65
5:00-6:00 pm	Yoga	Dorothy	Aerobic Rm	free	\$90	\$65
6:00-6:45 pm	Zumba	Olivia / Ricardo	Aerobic Rm	free	\$90	\$65
TUESDAY AND THURSDAY						
5:45-6:30 am	Cycle	Carolyn	Cycle Rm	free	\$90	\$65
6:30-7:30 am	Yoga	Dale	Aerobic Rm	free	\$90	\$65
8:30-10:00 am	Fall Avoidance (45 minute classes) 8:30am & 9:15am	Jamie / Paula	Gymnasium	free	\$90	\$65
8:45-9:30 am	Tai Chi for Health II	Collette	Aerobic Rm	free	\$90	\$65
9:30-10:30 am	Basic Strength Training	Collette	Aerobic Rm	free	\$90	\$65
10:45-11:30 am	SilverSneakers Muscle Strength and Range of Movement	Collette	Aerobic Rm	free	\$90	\$65
11:30-12:15 pm	Tai Chi for Health I	Collette	Aerobic Rm	free	\$90	\$65
4:15-5:00 pm	Step Cardio Mix	Erica	Aerobic Rm	free	\$90	\$65
5:30-6:30 pm	Combo Class -low impact	Maria / Kyle	Aerobic Rm	free	\$90	\$65
FRIDAY						
8:00-9:00 am	Yoga	Dorothy / Brittany	Aerobic Rm	free	\$45	\$33
9:00-9:45 am	Forever Fit	Erica	Aerobic Rm	free	\$45	\$33
9:45-10:45 am	Gentle Yoga	Erica	Aerobic Rm	free	\$45	\$33
10:00-10:45 am	BEGINNER TAI CHI	Collette	Gymnasium	free	\$45	\$33
10:45-11:30 am	Zumba	Collette	Aerobic Rm	free	\$45	\$33
11:30-12:15	Mat Science	Collette	Aerobic Rm	free	\$45	\$33
4:00-4:45 pm	Step Cardio Mix	Angel	Aerobic Rm	free	\$45	\$33
SATURDAY						
8:30-9:15 am	Cardio Crosstrain	instructor rotation	Aerobic Rm	free	\$45	\$33
9:15-10:00 am	Strength Train / Abs / Back	instructor rotation	Aerobic Rm	free	\$45	\$33
10:00-10:45 am	Mat Science (sustained stretching)	instructor rotation	Aerobic Rm	free	\$45	\$33
SUNDAY						
1:00-2:00 PM	Yoga	Dorothy	Aerobic Rm	free	\$45	\$33

Please note: ALL group fitness classes will be cancelled when USD 259 cancels school due to weather.

Facility Hours

Monday through Friday - 5:30 a.m. to 9:00 p.m.

Saturday - 7:00 a.m. to 5:00 p.m.

Sunday - 11:00 a.m. to 4:00 p.m.



For more information, call 962-8015 or visit us online at www.healthstrategiesinfo.com