



Nov. 4 – Nov. 22

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am			Boxmaster	Spin		
6:00am						
8:00am		Fun		Fun		
9:00am						
9:30am						
10:00am	*Chair/Balance					
10:45am	*Zumba					
3:00pm		Parkinson's Program Boxmaster				
3:30pm				Parkinson's Program Boxmaster		
4:45pm		Boxmaster		Boxmaster		
5:15pm			*Kids Dance			
5:30pm	Spin			HIIT		
6:00pm			*Ballet			
6:30pm						

Fun	8:00am	T/TH	Come and be surprised – you will have FUN! You might be faced with resistances bands, TRX, or even medicine balls! 1X a week, monthly: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non
HIIT / EMOM	5:30pm	TH	High Intensity Interval Training/Every Minute On the Minute. Best form of workout when training to burn those calories and get the heart rate up! 1X a week, monthly: \$20.00 member \$40.00 non
Ballet	6:00pm	W	Flowing and precise movements to create expression through movement Monthly: \$20.00 member \$40.00 non
Boxmaster	4:45pm 5:30am	T/TH TH	High energy class that allows you to move from full body movements while rotating through combinations on the Boxmaster. Monthly: \$20.00 member \$40.00 non
Parkinson's Program Boxmaster	3:00pm 3:30pm	T TH	Improve flexibility and range of motion. Improves posture, gait, strength and balance. 1x a week, monthly: \$20.00 member \$40.00 non 2x a week, monthly: \$40.00 member \$80.00 non
Spin	5:30pm 5:30am	M TH	Jump on one of our indoor bikes to get your sweat on. Monthly: \$20.00 member \$40.00 non
Chair/Balance	10:00am	M	Exercises that help keep you upright and help prevent falls. Monthly: \$20.00 member \$40.00 non
Kids Dance	5:15pm	W	Get kids moving with a variety of dance moves and burn some calories: Ages 5-12. Monthly: \$20.00 member \$40.00 non
Zumba	10:45am	M	Latin-inspired dance program. High energy, calorie-burning to music

PER CLASS PAYMENT AVAILABLE FOR ALL CLASSES – ASK FRONT DESK FOR COST.

****IN THE EVENT INSTRUCTOR MUST CANCEL, CREDIT WILL BE GIVEN.***