



2009 Fall Classes

“NEW” Punch cards - call for details.

Specialty Fitness

Fall 2: November 2 - December 18

Members.....	\$29
General Public.....	\$58

Yoga

Reduce stress, release tension, and build strength and flexibility in the body.

Tuesdays.....	5:30-6:15 a.m.
Wednesdays.....	6:15-7:15 p.m.

Spin

Outdoor cycling with indoor comfort. A fun Cardio workout for all fitness levels.

Mondays.....	5:30 - 6:15 a.m.
Wednesdays.....	5:30 - 6:15 a.m.

Spin Yoga

Join us for a 30-minute spin class, followed by 30 minutes of yoga. It's the perfect way to fit it all in.

Wednesdays.....	5:15-6:15 p.m.
Fridays.....	5:30-6:30 a.m.

Spin & Sculpt

A great combination for those who want to get it all in! For 30 minutes, spin your way through scenery only you can imagine. Then join us as we work to define our muscles.

Thursdays.....	4:30-5:30 p.m.
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Aqua Hip, Knee, & Back

Discover the benefits of water if you have hip, knee, or back pain or are a pre/post surgery patient. This class is taught by a Group Fitness Instructor.

Tuesdays & Thursdays.....	11:00-11:45 a.m.
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Sports

Fall 2: November 2 - December 18

Tae Kwon Do

Acquire disciplined fighting skills with an emphasis on self-defense and form; an excellent means of protection as well as great exercise for both young and old alike.

Ages 5-6

Mondays, 5:30-6 p.m.

Members.....	\$21.75
General Public.....	\$43.50

Ages 7 and up

Mondays, 6-7:45 p.m.

Members.....	\$35
General Public.....	\$63

Youth Strength Training

Learn the benefits of exercising properly while helping transition youth into the weight room and cardiovascular room.

Ages 11-13

Fridays, 4-4:45 p.m.

Members.....	\$29
General Public.....	\$58

Beginning Tumbling

Learn the basics of tumbling. No experience is necessary.

Ages 5-10

Tuesdays, 4:45-5:30 p.m.

Members.....	\$29
General Public.....	\$58

Racquetball Lessons

Clyde Bridger, expert teacher and master of the game, is available to teach private lessons. Call 834-5585, or try Clyde direct at 834-2915.

Members.....	Free
General Public.....	\$10

Private Swim Lessons

Private Swim Lessons are available. Please contact the front desk for prices.

A minimum of five participants is required to run all classes.