

CPR

Adult, Child & Infant

CPR/AED #05010

Pre-registration required

Deadline: October 12

Day: October 17

Time: 9 a.m.-1 p.m.

FEE: FM \$36

PM & Non Member \$42

Holiday

Group Exercise Class

Classes will be held between
December 1-13.

Schedule available at the
Welcome Center.



GROUP EXERCISE

We build strong kids, strong families, strong communities.

Session I: September 8 to October 24

Session II: October 26 to December 12

Classes subject to change based on attendance.

Use program # 01110 when registering for Group Exercise Classes on the web

CLASS	DAYS	TIMES	FEES
20/20/20	M/W	9:30-10:30 a.m.	FM: Free PM: \$56
20/20/20	F	9:30-10:30 a.m.	FM: Free PM: \$28
20/20/20	Sat	9:30-10:30 a.m.	FM: Free PM: \$28
Butts & Guts	Sat	10:30-11:00 a.m.	FM: Free PM: \$14
Cardio Kickboxing	Th	9:30-10:30 a.m.	FM: Free PM: \$28
Cardio Kickboxing	Sat.	10:30-11:30 a.m.	FM: Free PM: \$28
Boot Camp	W	6-7 p.m.	FM: Free PM: \$28
Pilates-Beginners	W	6-6:50 p.m.	FM: \$29 PM: \$46
Pilates-Intermediate/Advanced	M	7-8 p.m.	FM: \$29 PM: \$46
Pilates-Intermediate/Advanced	T	9:15-10:15 a.m.	FM: \$29 PM: \$46
Pilates-Intermediate/Advanced	Th	9:15-10:15 a.m.	FM: \$29 PM: \$46
Power Up	M	6-7 p.m.	FM: Free PM: \$28
Spinning	M/W/F	6-6:45 a.m.	FM: Free PM: \$105
Spinning-Beginner's	M	6-6:45 p.m.	FM: Free PM: \$35
Spinning	M	10:30-11:15 a.m.	FM: Free PM: \$35
Spinning	W	10:30-11:15 a.m.	FM: Free PM: \$35
Spinning	F	10:30-11:15 a.m.	FM: Free PM: \$35
Spinning	T	6-6:45 p.m.	FM: Free PM: \$35
Spinning	W	6-6:45 p.m.	FM: Free PM: \$35
Spinning	Th	6-6:45 p.m.	FM: Free PM: \$35
Spinning	Sat	8:30-9:15 a.m.	FM: Free PM: \$35
Step It Up	T/Th	6-7 p.m.	FM: Free PM: \$56
Water Aerobics-Comfort Suites*	T	6-7 p.m.	FM: Free PM: \$28
Water Aerobics-Comfort Suites*	T	7-8 p.m.	FM: Free PM: \$28
Water Aerobics-Comfort Suites*	Th	6-7 p.m.	FM: Free PM: \$28
Water Aerobics-Comfort Suites*	Th	7-8 p.m.	FM: Free PM: \$28
Yoga	W	6:45-7:45 a.m.	FM: \$29 PM: \$46
Yoga	Th	7-8 p.m.	FM: \$29 PM: \$46
Gentle Yoga	Sat	9:30-10:30 a.m.	FM: \$29 PM: \$46
Zumba	M	7-8 p.m.	FM: Free PM: \$28
Zumba	T	7-8 p.m.	FM: Free PM: \$28
Zumba	Th	7-8 p.m.	FM: Free PM: \$28
Zumba	Sat	11 a.m.-12 p.m.	FM: Free PM: \$28
Zumba-Kids (ages 8-16)	Sat	12-12:45 p.m.	FM: Free PM: \$28

*Classes held at Comfort Suites



CLASS ATTENDANCE

Facility members that attend free classes are asked to sign up for classes at the Welcome Center. Please only sign up for classes you plan to attend.

Facility members are only permitted to sign-up for one class per time slot.