

# 2017 FALL GROUP FITNESS CLASSES

Meyer Center Only | 12+ Yrs.

FULL PRIVILEGE MEMBERS: FREE • BASIC MEMBERS: \$2 • NON-MEMBERS: \$5



EFFECTIVE SEPTEMBER 5<sup>TH</sup> - DECEMBER 31<sup>ST</sup>  
SESSION CLASSES BEGIN AUGUST 28<sup>TH</sup> & OCTOBER 16<sup>TH</sup>

## MEYER UPSTAIRS BONUS ROOM

| MONDAY  | TUESDAY | WEDNESDAY   | THURSDAY | FRIDAY  |
|---|---------|---|----------|---|
| <b>SILVERSNEAKERS CLASSIC</b><br>8:30 - 9:25am<br>MARY TEBBE<br>MEYER GYMNASIUM |         | <b>SILVERSNEAKERS CLASSIC</b><br>8:30 - 9:25am<br>MARY TEBBE<br>MEYER GYMNASIUM |          | <b>SILVERSNEAKERS CLASSIC</b><br>8:30 - 9:25am<br>MARY TEBBE<br>MEYER GYMNASIUM                   |
| <b>TOTAL BODY STRENGTH</b><br>9:30-10:25am<br>HEATHER SCHWAEDEL                 |         | <b>TOTAL BODY STRENGTH</b><br>9:30-10:25am<br>LIZ DARNELL                       |          | <b>AWESOME ABS</b><br>9:30-9:55am<br>ANN MCLEAN   |
| <b>VINYASA</b><br>10:30 - 11:25am<br>CATHERINE JACKSON                          |         |   |          | <b>ROCK THE TOP/<br/>ROCK THE BOTTOM</b><br>(Alternates Each Week)<br>10:00-10:30am<br>ANN MCLEAN |
| <b>LUNCHTIME EXPRESS</b><br>12:10-12:50pm<br>LARA COLLMANN                      |         | <b>LUNCHTIME EXPRESS</b><br>12:10-12:50pm<br>LIZ DARNELL                        |          |   |
| <b>CARDIO &amp; CORE</b><br>6:00-6:55pm<br>HEATHER SCHWAEDEL                    |         | <b>TABATA</b><br>6:00-6:30pm<br>HEATHER SCHWAEDEL                               |          |   |

CLASS IN BLUE BOX IS ONLY OFFERED IN A SESSIONAL FORMAT  
**VINYASA \*NEW\*** | MEMBERS \$35 • NON-MEMBERS \$56