

# 2018 FALL GROUP FITNESS CLASSES

Meyer Center Only | 12+ Yrs.

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



**EFFECTIVE OCTOBER 26<sup>TH</sup> – DECEMBER 31<sup>ST</sup>**

FALL 2 (8 WEEKS) SESSION CLASSES BEGIN OCTOBER 15<sup>TH</sup>

**MEYER UPSTAIRS BONUS ROOM**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
| <b>MAX FIT</b><br>5:30 - 6:15am<br>LAILA GAGNON   |   | <b>MAX FIT</b><br>5:30 - 6:15am<br>LAILA GAGNON                                 |   |   |
| <b>WALK-15 AEROBICS</b><br>7:30 - 8:25AM<br>KIM BONACORSI<br>MEYER GYMNASIUM                          |   | <b>WALK-15 AEROBICS</b><br>7:30 - 8:25AM<br>KIM BONACORSI<br>MEYER GYMNASIUM    |   |   |
| <b>SILVERSNEAKERS CLASSIC</b><br>8:30 - 9:20am<br>MARY TEBBE<br>MEYER GYMNASIUM                       |   | <b>SILVERSNEAKERS CLASSIC</b><br>8:30 - 9:20am<br>MARY TEBBE<br>MEYER GYMNASIUM |   | <b>SILVERSNEAKERS CLASSIC</b><br>8:30 - 9:20am<br>MARY TEBBE<br>MEYER GYMNASIUM |
| <b>TOTAL BODY TONING</b><br>9:30 - 10:25AM<br>MARY TEBBE  | <b>WOMEN'S WEIGHT TRAINING</b><br>9:30 - 10:30am<br>JO EARNHART<br>FITNESS CENTER | <b>EXPRESS CARDIO BARRE</b><br>9:35 - 10:10AM<br>MARY TEBBE                     | <b>WOMEN'S WEIGHT TRAINING</b><br>9:30 - 10:30am<br>JO EARNHART<br>FITNESS CENTER | <b>PIYO</b><br>9:30 - 10:25AM<br>LEANNE HOFFMAN                                 |
| <b>YOGA FLOW</b><br>11:00 - 11:50am<br>CATHERINE JACKSON<br>UPSTAIRS<br>VIEWING AREA BY<br>GYMNASTICS |   |   |   |   |

**Classes In Blue Box Is Only Offered In A Sessional Format (Registration Required)**

**Max Fit | Members \$80 • Non-Members \$128 (2 Day Class)**

**Express Barre Cardio | Members \$24 • Non-Members \$48**

**Yoga Flow | Members \$40 • Non-Members \$72**

**Women's Weight Training | Members \$55 • Non-Members \$80 (2 Day Class)**