

2018 WINTER/SPRING GROUP FITNESS CLASSES

Meyer Center Only | 12+ Yrs.

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



EFFECTIVE JANUARY 9TH – MAY 18TH

SESSION CLASSES BEGIN JANUARY 2ND, FEBRUARY 19TH & APRIL 16TH

MEYER UPSTAIRS BONUS ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAX FIT 5:30 - 6:15am LAILA GAGNON		MAX FIT 5:30 - 6:15am LAILA GAGNON		
SILVERSNEAKERS CLASSIC 8:30 - 9:25am MARY TEBBE MEYER GYMNASIUM		SILVERSNEAKERS CLASSIC 8:30 - 9:25am MARY TEBBE MEYER GYMNASIUM		SILVERSNEAKERS CLASSIC 8:30 - 9:25am MARY TEBBE MEYER GYMNASIUM
TOTAL BODY STRENGTH 9:30 - 10:25am HEATHER SCHWAEGEL	WOMEN'S WEIGHT TRAINING 9:30 - 10:30am JO EARNHART FITNESS CENTER	TOTAL BODY STRENGTH 9:30 - 10:25am LIZ DARNELL	WOMEN'S WEIGHT TRAINING 9:30 - 10:30am JO EARNHART FITNESS CENTER	AWESOME ABS 9:30 - 9:55am ANN MCLEAN
VINYASA 10:30 - 11:25am CATHERINE JACKSON				ROCK THE TOP/ ROCK THE BOTTOM (Alternates Each Week) 10:00 - 10:30am ANN MCLEAN
LUNCHTIME EXPRESS 12:10 - 12:50pm LIZ DARNELL		LUNCHTIME EXPRESS 12:10 - 12:50pm LARA COLLMANN		
CARDIO & CORE 6:00 - 6:55pm HEATHER SCHWAEGEL		TABATA 6:00 - 6:30pm HEATHER SCHWAEGEL		

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

Max Fit | Members \$70 • Non-Members \$119 (2 Day Class)

Vinyasa | Members \$35 • Non-Members \$63

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