

2019 WINTER/SPRING GROUP FITNESS CLASSES

Meyer Center Only | 12+ Yrs.

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



EFFECTIVE JANUARY 7TH - MAY 26TH

SESSION CLASSES BEGIN JANUARY 7TH (WINTER 1), FEBRUARY 25TH (WINTER 2) & APRIL 22ND (SPRING)

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

**Classes In Blue Boxes Are Only Offered In A
7-Week (Winter 1 & 2) & 5-Week (Spring) Sessional Format**

MEYER UPSTAIRS BONUS ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GROUP TRAINING 6:00 - 7:00am BRANSON FITNESS CENTER/ BONUS ROOM	TOTAL TRAINING 360 5:30 - 6:45am FITNESS CENTER/ BONUS ROOM	GROUP TRAINING 6:00 - 7:00am BRANSON FITNESS CENTER/ BONUS ROOM	TOTAL TRAINING 360 5:30 - 6:45am FITNESS CENTER/ BONUS ROOM	
WALK-15 AEROBICS 7:30 - 8:25AM KIM BONACORSI MEYER GYMNASIUM		WALK-15 AEROBICS 7:30 - 8:25AM KIM BONACORSI MEYER GYMNASIUM		
SILVERSNEAKERS CLASSIC 8:30 - 9:20am MARY TEBBE MEYER GYMNASIUM	GROUP TRAINING 9:00 - 10:00am ERIC FITNESS CENTER/ BONUS ROOM	SILVERSNEAKERS CLASSIC 8:30 - 9:20am MARY TEBBE MEYER GYMNASIUM	GROUP TRAINING 9:00 - 10:00am JO FITNESS CENTER/ BONUS ROOM	SILVERSNEAKERS CLASSIC 8:30 - 9:20am MARY TEBBE MEYER GYMNASIUM
TOTAL BODY TONING 9:30 - 10:25AM LEANNE HOFFMAN	WOMEN'S WEIGHT TRAINING 9:30 - 10:30am JO EARNHART FITNESS CENTER	EXPRESS CARDIO BARRE 9:35 - 10:10AM MARY TEBBE	WOMEN'S WEIGHT TRAINING 9:30 - 10:30am JO EARNHART FITNESS CENTER	PIYO 9:30 - 10:25am LEANNE HOFFMAN BONUS ROOM
		GROUP TRAINING 4:30 - 5:30pm LEANNE FITNESS CENTER/ BONUS ROOM		
CIRCUIT WORX 5:30 - 6:45pm FITNESS CENTER/ BONUS ROOM	TOTAL TRAINING 360 5:30 - 6:45pm FITNESS CENTER/ BONUS ROOM	CIRCUIT WORX 5:30 - 6:45pm FITNESS CENTER/ BONUS ROOM	TOTAL TRAINING 360 5:30 - 6:45pm FITNESS CENTER/ BONUS ROOM	

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

Group Training | FP Mem \$70 • Basic Mem \$84 • Non-Members \$105

Express Barre Cardio | Members \$35 • Non-Members \$63

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

Total Training 360 | Members \$91 • Non-Members \$140 (2 Day Class)

Circuit Worx | Members \$91 • Non-Members \$140 (2 Day Class)