

NOTE: All classes 50 minutes long unless otherwise noted.

VISUAL GROUP FITNESS SCHEDULE
DECEMBER 1 - 31, 2021

rev. 11/30/2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Spin (O)		Spin (O) 6 - 6:45 AM begins Dec. 8		Alignment-based Vinyasa Yoga (O) 6 - 6:45 AM begins Dec. 10	
7:00 AM						
8:00 AM	Core & More (S)	Dance Fit Mix (O)	Yoga Core (S)	Dance Fit Mix (O)	Core & More (S)	
9:00 AM	Silver Sneakers® Classic (S)	Strength & Conditioning (O)	Silver Sneakers® Classic (S)	Strength & Conditioning (O)	Silver Sneakers® Classic (S)	Yoga Core (S) 9 - 10 AM
9:30 AM	Hatha Yoga (V) 9:30 - 10:30 AM		Hatha Yoga (V) 9:30 - 10:30 AM		Hatha Yoga (V) 9:30 - 10:30 AM	
10:00 AM	Bars, Benches & Balls (S)	Flow Yoga (S)	Bars, Benches & Balls (S)	Flow Yoga (S)	Classic Mat Pilates (S)	
11:00 AM	Hatha Yoga (S)	Gentle Yoga (S)		Gentle Yoga (S)	Hatha Yoga (S)	
12:00 PM	Functional Strength Express(O) 12 - 12:30 PM begins Dec. 6	Feeling Fit (O)	Functional Strength Express(O) 12 - 12:30 PM begins Dec. 8	Feeling Fit (O)		
5:30 PM			Zumba® (O) 5:30 - 6:30 PM			

Legend: O = Onsite only; V = Virtual only; S = Simulcast

<u>Fees</u>	
<u>Single Sessions</u>	
Pool/Rec Swim/Gym	\$5
Onsite Group Fitness – Land or Aqua	\$6
Virtual Group Fitness	\$3.50
Shower only	\$3.00
<u>30-Day Passes</u>	
Individual All-Access	\$55/\$60*
Family [†] All-Access	\$95/\$100*
Virtual Group Fitness only	\$35
<u>Quarterly All-Access Passes</u>	
Individual	\$157/\$172*
Family [†]	\$270/\$285*
<u>Annual All-Access Passes</u>	
Individual	\$605/\$660*
Family [†]	\$1,045/\$1,100*
*Out of District	
†Residing at the same address.	
Verification may be required.	