

NOTE: All classes 50 minutes long unless otherwise noted.

INSTRUCTOR-LED FITNESS SCHEDULE
February 20 - April 2, 2023

Rev. 2/17/2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	Spin (O)	Boot Camp (O) 6 - 6:45 AM	Spin (O) 6 - 6:45 AM			
7:00 AM		Barre Above®		Barre Above®	Boot Camp (O) 7 - 7:45 AM	
8:00 AM	Pumped Up Strength (S)	Dance Fit Mix (O)	Yoga Core (S)	Dance Fit Mix (O)	Core & More (S)	
9:00 AM	Silver Sneakers® Classic (S)	Strength & Conditioning (S)	Silver Sneakers® Classic (S)	Strength & Conditioning (S)	Silver Sneakers® Classic (S)	Yoga Core (S) 9 - 10 AM
10:00 AM	Bars, Benches & Balls (S)	Flow Yoga (S)	Bars, Benches & Balls (S)	Flow Yoga (S)	Classic Mat Pilates (S)	Butts & Guts (O) 10:15 - 11 AM
11:00 AM	Hatha Yoga	Gentle Yoga (S)	Barre Above®	Gentle Yoga (S)		
12:00 PM	TRX Functional Strength(O) 12:15 - 1 PM	Feeling Fit (O)	Pumped Up Strength (S)	Feeling Fit (O)	TRX Functional Strength (O) 12:15 - 1 PM	
5:00 PM		Butts & Guts (O) 5 - 5:45 PM	TRX Yoga with Julie (O) 5:30 - 6:20 PM	Butts & Guts (O) 5 - 5:45 PM No class 3rd Thur.		
NOTE: Butts & Guts begins March 4, 2023						

Legend: O = Onsite only; S = Simulcast

2023 FEES					
PASS TYPE	SINGLE SESSION		MONTH	QUARTER	ANNUAL
Gym Only	\$8.00		\$65.00	\$185.25	\$702.00
Instructor-led Fitness	\$9.00				
Instructor-led Fitness +			\$70.00	\$199.50	\$756.00
Pool Only (No GroupX)	\$6.00		\$60.00	\$171.00	\$648.00
Virtual Fitness Only	\$5.00		\$48.00		
Individual All-Access			\$80.00	\$228.00	\$864.00
Family* All-Access			\$130.00	\$370.50	\$1,404
Shower Only	\$3.00				
Out-of-District Add	\$0.50		\$5.00	\$15.00	\$60.00
*Must live at same address. Verification may be required.					