



Classes with a * must be registered for in advance.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Cardio Core</u> 9:00 am - 10:00 am	<u>Mat Pilates</u> 9:00 am - 9:45 am	<u>Cardio Strength</u> 9:00 am - 10:00 am	<u>*Boot Camp</u> 9:00 am - 10:00 am	<u>Rhythm & Reach</u> 9:00 am - 10:00 am
<u>Chair Fit</u> 10:30 am - 11:30 am		<u>Chair Fit</u> 10:30 am - 11:30 am		<u>Chair Fit</u> 10:30 am - 11:30 am
	<u>*Yoga</u> 12:15 pm - 1:00 pm			
	<u>*Let's Get Physical</u> 5:00 pm - 6:00 pm	<u>*Boot Camp</u> 6:30 pm - 7:30 pm		

Fitness Drop-in Fees

Senior 60+ \$3.40
Youth 13-18 \$4.10
Adult 19-59 \$5.40

Drop-in Programs have the option of pre-registering for a 'Set' or arriving day of and seeing if there is space available. ***This does not apply to Registered Programs.***

Set 1 | Sept 13 - Oct 29
Set 2 | Nov 1 - Dec 17

Registered Program Costs (must be registered for in advance)

Yoga: Set 1 | Sept 14 - Oct 26 | 7 sessions | \$52
Set 2 | Nov 2 - Dec 14 | 7 sessions | \$52

Let's Get Physical: Set 1 | Sept 14 - Oct 26 | 7 sessions | \$56
Set 2 | Nov 2 - Dec 14 | 7 sessions | \$56

Wednesday Boot Camp: Set 1 | Sept 15 - Oct 27 | 6 sessions | \$48
Set 2 | Nov 3 - Dec 15 | 7 sessions | \$56

Thursday Boot Camp: Set 1 | Sept 16 - Oct 28 | 6 sessions | \$48
Set 2 | Nov 4 - Dec 16 | 6 sessions | \$48

Programs do not run on holidays
No programs on Sept. 29
All times and dates are subject to change/cancellation