

2012 Winter Specialties Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-7:00 am <i>Spinning</i> Carolyn R.	6:00-7:00 am ROOM BLOCK COURT 8 bottom	6:00-7:00 am <i>Spinning</i> Kerry K.	6:00-7:00 am ROOM BLOCK COURT 8 bottom	6:00-7:00 am <i>Spinning</i> Lee R.	
	9:00 am-10:00 am ROOM BLOCK COURT 8 bottom	10:00-11:30 am <i>Yoga</i> Chiao	9:00 am -10:00 am <i>Spinning</i> Stacey F.		9:00 am-10:00 am ROOM BLOCK COURT 8 bottom	
		12:00-1:00 pm <i>Spinning</i> Gus Meyjes	10:15 am-11:00 am ROOM BLOCK COURT 8 bottom	12:00-1:00 pm <i>Spinning</i> Gus Meyjes		
3:00 – 4:00 pm Yoga Chiao			3:00 – 4:00 pm Pre-ballet Begins end Jan			3:00pm – 4:00 pm <i>“Spin” Beer Run</i> Back in Nov.
	5:30-6:30 pm ROOM BLOCK Court 8 bottom		5:30-6:30 pm ROOM BLOCK Court 8 bottom	4:00-5:30 pm Level I-IV Back in Jan		
		5:45-6:45 <i>Spinning</i> Dale R.	6:30-8:00 pm <i>Little Wolves TKD</i> Running – Jan 12	5:45-6:45 <i>Spinning</i> John H.		
			7:15 – 8:00 pm Kettlebell Jeff Krusniak	7:00 – 8:30 pm Yoga Chiao	7:15 – 8:00 pm Kettlebell Chris Poulos	

***Discounted punch-cards for members:** Kettlebell/Yoga/Pilates Member: \$40.00 or \$5.00 per class (1 hour classes)

Pre-Ballet/Hip-Hop: \$42.00 or \$54.00 (class dependant)

*classes must have 3 to run!

Swimming Lessons: \$45.00

Taekwon do: \$50.00

Spinning: \$30.00 or \$4.00 per class

Yoga: \$10.00 (1 ½ hour) punch card not available

*****Non-member pricing on separate sheet.

September

Club Hours: 6:00 am – 9:00 pm Mon-Thurs.

6:00 am – 8:00 Fridays

8:00 am – 5:30 pm Saturday

11:00 pm – 8:00 pm Sundays