

Specialties

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-7:00 AM Spinning ® Kerry Krusniak		6:00-7:00 AM Spinning ® Carolyn Richards		6:00-7:00 AM Spinning ® Lee Richards	
			9:00-10:00 AM Spinning ® Stacey Feister			
		12:00 - 1:00 PM Spinning ® Gus Meyjes		12:00 - 1:00 PM Spinning ® Gus Meyjes		
	4:15 - 5:15 PM Yoga Stull Becky		4:15 - 5:15 PM Yoga Stull Becky			
				Aqua Tots 3:30-4:00 PM Mary Hankins	4:00- 4:30 PM Creative Movement Returns in Jan	
	6:00 - 7:00 PM Begin Spin ® Returns in Oct 16th	Level IV 4:00-4:30 PM Mary Hankins		Level I 4:00-4:30 PM Mary Hankins	4:30-5:00 PM Pre-Ballet I Returns in Jan	
		Level V 4:30-5:00 PM Mary Hankins		Level II 4:30-5:00 PM Mary Hankins	5:00-5:45pm JAZZ Returns in Jan	
	6:30-8:30 PM Adult Taekwondo Begins January 21		6:30-8:00 PM Kids Taekwondo Jim Alger January 23	Level III 5:00-5:30 PM Mary Hankins		
		7:30-8:30 pm Pilates Lindsey Rumohr		7:30-8:30 pm Pilates Lindsey Rumohr		
	6:00 - 7:00 pm Spinning ® Rosser Dale	6:00-7:00 PM Spinning ® John Hines	6:00 - 7:00 pm Spinning ® Rosser Dale	6:00-7:00 PM Spinning ® John Hines		

Yoga -

Instructors: Becky Stull - Yoga Fit Certified
 Members- \$40.00 punchcard/\$5.00 per day
 Non-members- \$60.00 punchcard/\$7.00 per day

Pilates-

Instructor: Lindsay Rumohr - Arts Professional/Pilates Certified
 Members- \$40.00 punchcard/\$5.00 per day
 Non-members- \$60.00 punchcard/\$7.00 per day
 (10 punches to a card)

Swimming Lessons:

Mary Hankins- Swimming Professional
 8 Week Program (Thursdays)
 Members \$35.00 Non-Members \$55.00
 Aqua Tots Level III
 Level I Level IV & V
 Level II Level VI & VII

Taekwon do:

Jim Alger - 2nd Degree Blackbelt
 16 Week Program (Mondays)- 1 1/2 Hour Classes
 Kids Taekwon do I - 12 and under no rank Member:\$50.00
 Kids Taekwondo II- 12 and under with rank Non-Member: \$65.00
16 Week Program (Wednesday)- 2 Hour Classes
 Taekwondo I - 12 and older without rank Members \$50.00
 Taekwondo II - 12 and older with rank Non - Member: \$65.00

Spinning-Johnny G Licensed Facility :

Equipment: Johnny G "Pro" Spin Bikes
 Instructors: Johnny G Certified
 Members-\$30.00 punchcard/\$4.00 per day
 Non-members-\$60.00 punchcard/\$7.00 per day

Wallyball

Non-members-\$40.00 punchcard 1 punch per court hour
Daily Guest Passes 14 & over = \$10.00
 14 & under = \$5.00

Ballet -

Ms. Julie - Arts Professional
 8 Week Program
 Members - \$42.00 Non - \$52.00
 Creative Movement - Ages 3 & 4
 Pre-Ballet
 Pre-Ballet II
 Ballet I - Technique - Age 7 & Up
 (this class is 45 minutes)
 8 Week Program
 Members is \$54.00
 Non-members\$64.00
 Ballet Technique w/Etudes:
 Member-\$ 62.00 Non-\$72.00 11/26/07
Racquetball
 Members bring a Non-member \$5.00 court
 fee per hour-**WEEKENDS ONLY**