

**TOTAL Fitness
Passport (grey)**



AM Group Fitness Classes Winter I



**CORE Fitness
Passport (white)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-5:45am BodyStep Xpress ZONE A-B: Lori	5:00-6:00am BodyFlow Yoga-Pilates: Nicci	5:00-6:00am BodyPump ZONE A-B: Roberta	5:00-5:45am BodyStep Xpress Zone A-B: Lori	5:00-6:00am BodyPump ZONE A-B: Connie		
5:30-6:30am Interval Cycling Cycling Studio: Christine	5:30-6:30am Interval Cycling Cycling Studio: Brook	5:30-6:30am Interval Cycling Cycling Studio: Christine	5:30-6:25am RPM Cycling Studio: Roberta	5:30-6:30am Interval Cycling Cycling Studio: Christine		
5:45-6:30am BodyPump Xpress Zone A-B: Lori			5:45-6:30am Body Pump Express ZONE A-B: Lori		8:00-9:00am BodyPump Zone A-B: Connie	
8:15-9:15am H2O Interval Waterpark: Karen	8:15-9:00am FREE Cycling Express Cycling Studio: Jeanne	8:15-9:15am H2O Interval Waterpark: Karen	8:15-9:00am FREE Cycling Express Cycling Studio: Jeanne	8:15-9:15am H2O Interval Waterpark: Karen	8:00-9:00am Water in Motion Waterpark: Minda-Judy	
8:30-9:25am RPM Cycling Studio: Debbie	8:30-9:30am BodyVive Core Studio: Lisa	8:30-9:25am RPM Cycling Studio: Debbie	8:30-9:30am BodyVive Core Studio: Lisa	8:30-9:30am Cycling & Strong Cycling Studio: Mary	8:15-9:05am Zumba Gold Core Studio: Bryan	9:00-9:45am TRX BootCamp Fitness Center: Jeannie
8:30-9:30am BodyFlow Yoga-Pilates: Jane	8:45-9:45am FreeMotion Fitness Center: Debbie		8:45-9:45am FreeMotion Fitness Center: Debbie	8:30-9:30am FreeMotion Fitness Center: Debbie	8:30-9:15am TRX 45 Fitness Center: Nicci	
9:00-10:00am BodyStep Zone A-B: Elena		9:00-10:00am BodyStep Zone A-B: Mary		9:00-10:10am BodyStep Zone A-B: Cheryl		9:00-10:00am BodyPump ZONE A-B Studio
	9:15-10:15am BodyPump ZONE A-B: Mary		9:15-10:15am BodyPump ZONE A-B: Mary	9:00-10:00am BodyCombat Core Studio: Jessica	9:00-10:15am RPM Challenge Cycling Studio: Mary	
9:30-10:30am Deep Water Treking Aqua Arena: Karen		9:30-10:15am Stretch & Flex Fitness Center: Karen		9:30-10:15am Stretch & Flex Fitness Center: Karen	9:10-10:10am Zumba Zone A-B: Bryan	
9:45-10:45am Cycling and Strong Cycling: Brook		9:45-10:30am TRX: Strength-Core Fitness Center: Debbie			9:15-10:00am Total Buns & Abs Core Studio: Cathie	
			10:15-11:15am BodyFlow Yoga-Pilates: Jane	10:20-11:20am Yoga Yoga-Pilates: Cathie	9:15-10:15am Body Flow Yoga-Pilates: Kim	
10:15-11:00am Total Buns & Abs ZONE A-B: Sandy		10:15-11:00am Total Buns & Abs ZONE A-B: Mary		10:15-11:00am Total Buns & Abs Core Studio: Nicci	10:15-11:15am Body Step Zone A-B: Elena	
11:00-12:00pm AquaFlow Waterpark: Elaine		11:00-12:00pm AquaFlow Waterpark: Elaine	10:30-11:30am Deep Water Treking Aqua Arena: Karen	11:00-12:00pm AquaFlow Waterpark: Elaine	10:30-11:30am BodyCombat Core Studio: Kim	

TOTAL Fitness Passport (grey)



PM Group Fitness Classes Winter I

Mon, January 2 - February 19, 2012



CORE Fitness Passport (white)

Monday	Tuesday	Wednesday	Thursday	Friday	Group Fitness Fees																																																																							
12:15-1:00pm BodyStep Xpress <i>(Free member class)</i> Zone A-B: Mary	12:15-1:00pm BodyPump Xpress <i>(Free member class)</i> Zone A-B: Kim	12:15-1:00pm Cycling Xpress <i>(Free member class)</i> Cycling Studio: Sandy	12:15-1:00pm BodyCombat Xpress <i>(Free member class)</i> Zone A-B: Nicci	12:15-1:00 pm BodyPump Xpress <i>(Free member class)</i> Zone A-B: Nicci	<table border="1"> <thead> <tr> <th>Fitness Session Fees:</th> <th colspan="2">Member/Non-member</th> </tr> </thead> <tbody> <tr> <td>Core Fitness</td> <td>\$24 members</td> <td>\$40 non-members</td> </tr> <tr> <td>Specialty Fitness</td> <td>\$43 members</td> <td>\$72 non-members</td> </tr> <tr> <th>Fitness Passport: Session</th> <th colspan="2">Member/Non-member</th> </tr> <tr> <td>Core Fitness: core</td> <td>\$85 members</td> <td>\$165 non-members</td> </tr> <tr> <td>Total Fitness: core & specialty</td> <td>\$119 members</td> <td>\$205 non-members</td> </tr> <tr> <th>Monthly Fitness Passport</th> <th colspan="2">Member Fees</th> </tr> <tr> <td>Core Fitness: core</td> <td colspan="2">\$40/month</td> </tr> <tr> <td>Total Fitness: core & specialty</td> <td colspan="2">\$60/month</td> </tr> <tr> <th>Drop-In Fees</th> <th colspan="2">Member/Non-Member</th> </tr> <tr> <td>Core: Single</td> <td>\$5</td> <td>\$9</td> </tr> <tr> <td>Core: 5/10 pak</td> <td>\$23/43</td> <td>\$42/81</td> </tr> <tr> <td>Specialty: Single</td> <td>\$8</td> <td>\$13</td> </tr> <tr> <td>Specialty: 5/10 pak</td> <td>\$38/72</td> <td>\$62/117</td> </tr> <tr> <td>Grp Training: single</td> <td>\$10</td> <td>\$15</td> </tr> <tr> <td>Grp Training: 5/10 pak</td> <td>\$47/90</td> <td>\$71/135</td> </tr> </tbody> </table>			Fitness Session Fees:	Member/Non-member		Core Fitness	\$24 members	\$40 non-members	Specialty Fitness	\$43 members	\$72 non-members	Fitness Passport: Session	Member/Non-member		Core Fitness: core	\$85 members	\$165 non-members	Total Fitness: core & specialty	\$119 members	\$205 non-members	Monthly Fitness Passport	Member Fees		Core Fitness: core	\$40/month		Total Fitness: core & specialty	\$60/month		Drop-In Fees	Member/Non-Member		Core: Single	\$5	\$9	Core: 5/10 pak	\$23/43	\$42/81	Specialty: Single	\$8	\$13	Specialty: 5/10 pak	\$38/72	\$62/117	Grp Training: single	\$10	\$15	Grp Training: 5/10 pak	\$47/90	\$71/135																					
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5:00-6:00pm Cycling & Core Cycling Studio: Connie	4:30-5:15pm Intense Moves Core Studio: Cheryl	5:00-6:00pm X-treme Fitness Zone A-B: Laura	5:00-5:45pm Pilates for Parent-Child Yoga-Pilates: Kathy	5:00-6:00pm X-treme Fitness Fitness Center																																																																								
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6:00-6:45pm Courtside Challenge Fieldhouse: Ct 4 Blue: Sandy		6:10-7:10pm Interval Cycling PLUS Cycling Studio: John	6:00-7:00pm Pilates Yoga-Pilates: Kathy																																																																									
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