

FALL 2018 Healthy Choices for all fitness levels!

Day	Class	Program #	Dates	cost of session
Mondays: Sept 3				member/non
9:15am to 10:15am	Strength with Nancy	#131043-01	Aug 27 – Oct 22	\$82/\$99
		#231043-01	Oct 29 – Dec 17	\$82/\$99
10:30am to 11:15am	Joints in Motion with Lisa	#131303-01	Aug 27 – Oct 22	\$66/\$82
		#231043-01	Oct 29 – Dec 17	\$66 /\$82
5:30pm to 6:30pm	NEW! In trinity Board w/Julie	#131586-02	Sep 10 – Oct 22	\$62/\$82
		#231586-02	Oct 29 – Dec 17	\$82/\$99
Tuesdays:				
9:00am to 10:00am	Foundational Strength	#131584-01	Aug 28 – Oct 16	\$99/\$109
		#231584-01	Oct 23 – Dec 11	\$99/\$109
10:00am to 11:00am	Gentle YOGA with Joyce	#131155-01	Aug 28 – Oct 16	\$99/\$109
		#231155-01	Oct 23 – Dec 11	\$99/\$109
11:15am to 12:15pm	Beginner Pilates with Nancy	#131483-01	Aug 28 – Oct 16	\$82/\$99
		#231483-01	Oct 23 – Dec 11	\$82/\$99
1:00pm to 2:30pm	Alexander Technique	#131566-01	Aug 28 – Oct 16	\$82/\$99
		#231566-01	Oct 23 – Dec 11	\$82/\$99
Wednesdays				
9:15am to 10:00am	Balance Core & More w/Julie	#131563-02	Aug 22 – Oct 10	\$66/\$82
		#231563-01	Oct 17 – Dec 12	\$66/\$82
Thursdays No class Nov 21, 22, 23				
9:15am to 10:15am	Strength with Nancy	#131043-02	Aug 16 – Oct 4	\$82/\$99
		#231043-02	Oct 11 – Dec 13	\$82/\$99
10:30am to 11:15am	Joints in Motion with Lisa	#131303-02	Aug 16 – Oct 4	\$66/\$82
		#231303-02	Oct 11 – Dec 13	\$66/\$99
Fridays				
9:30am to 10:15am	ZUMBA with Ruben	#131551-02	Aug 17 – Oct 5	\$82/\$99
		#231551-01	Oct 12 – Dec 14	\$82/\$99
10:00am to 10:30am	Balance, Core & More	none	ongoing	free!
11:00am to 12:00pm	Tai Chi with Evelyn(5 weeks)	#131007-02	Sep 7– Oct 5	\$52/\$69
		#231007-01	Oct 12 – Dec 14	\$82/\$99
1:00pm to 2:00pm	Karate for Parkinson's	#131527-01	Aug 17 – Oct 5	\$50/\$50
		#231527-01	Oct 12 – Dec 14	\$50/\$50