

Ongoing Fitness Classes at Mallinckrodt

(8 weeks) Happy New Year! Healthy choices for all fitness levels.

January – February, 2018

DAY	CLASS	PROGRAM #	DATES	FEES
Mondays:				member/non
9:15 to 10:15am	Strength with Nancy	#331043-01	Jan 8 – Feb 26	\$82/\$99
	Strength with Nancy	#331043-03	Mar 5 – Apr 23	\$82/\$99
10:30 to 11:15am	Joints in Motion with Lisa	#331303-01	Jan 8 – Feb 26	\$66/\$82
	Joints in Motion with Lisa	#331303-03	Mar 5 – Apr 23	\$66/\$82
Tuesdays:				
10 to 11am	Gentle YOGA with Joyce	#331155-01	Jan 9 – Feb 27	\$99/\$109
	Gentle YOGA with Joyce	#331155-02	Mar 6 – Apr 24	\$99/\$109
11:15am to 12:15pm	Beginner Pilates with Nancy	#331483-01	Jan 9 – Feb 27	\$82/\$99
	Beginners Pilates with Nancy	#331483-02	Mar 6 – Apr 24	\$82/\$99
Wednesdays				
11 to 11:45am	Balance Core & More w/Julie	#331563-01	Jan 3 – Feb 21	\$66/\$82
	Balance Core & More w/Julie	#331563-02	Feb 28 – Apr 18	\$66/\$82
1 to 2pm	Feldenkrais with Sarah	#331562-01	Jan 10 – Feb 28	\$82/\$99
Thursdays				
9:15 to 10:15am	Strength with Nancy	#331043-02	Jan 4 – Feb 22	\$82/\$99
	Strength with Nancy	#331043-04	Mar 1 – Apr 19	\$82/\$99
10:30 to 11:15am	Joints in Motion with Lisa	#331303-02	Jan 4 – Feb 22	\$66/\$82
	Joints in Motion with Lisa	#331303-04	Mar 1 – Apr 19	\$66/\$82
Fridays				
9:30 to 10:15am	ZUMBA with Ruben	#331551-01	Jan 5 – Feb 23	\$82/\$99
	ZUMBA with Ruben	#331551-02	Mar 2 – Apr 20	\$82/\$99
10 to 10:30am	Balance, Core & More w/ Julie		ONGOING	FREE
10:30 to 11:30am	Body Rolling w/Balls	#331565-01	Jan 5 – Feb 23	\$82/\$99
	Body Rolling w/Balls	#331565-02	Mar 2 – Apr 20	\$82/\$99
11am to Noon	Tai Chi with Evelyn	#331007-01	Jan 5 – Feb 23	\$82/\$99
	Tai Chi with Evelyn	#331007-02	Mar 2 – Apr 20	\$82/\$99
1:00pm to 2:00pm	Karate for Parkinson's	#331527-01	Jan 5 – Feb 23	\$50/\$50

****No class 12/22 & 12/29**