

## Spring is in the Air Wellness Choices for all fitness levels!

Day	Class	Program #	Dates	cost of session
<b>Mondays:</b>				<b>member/non</b>
9:15am to 10:15am	Strength with Nancy	#331043-03	Mar 5 – Apr 23	\$82/\$99
	Strength with Nancy	#431043-01	Apr 30 – Jun 18	\$82/\$99
10:30am to 11:15am	Joints in Motion with Lisa	#331303-03	Mar 5 – Apr 23	\$66/\$82
	Joints in Motion with Lisa	#431303-01	Apr 30 – Jun 18	\$66/\$82
1:00pm to 2:30pm	Alexander Method w/Rebecca	#331566-01	Mar 5 – April 23	\$82/\$99
<b>Tuesdays:</b>				
10:00am to 11:00am	Gentle YOGA with Joyce	#331155-02	Mar 6 – Apr 24	\$99/\$109
	Gentle YOGA with Joyce	#431155-01	May 1 – Jun 19	\$99/\$109
11:15am to 12:15am	Beginners Pilates with Nancy	#331483-02	Mar 6 – Apr 24	\$82/\$99
	Beginner Pilates with Nancy	#431483-01	May 1 – Jun 19	\$82/\$99
<b>Wednesdays</b>				
11:00am to 11:45am	Balance Core & More w/Julie	#331563-02	Feb 28 – Apr 18	\$66/\$82
	Balance Core & More w/Julie	#431563-01	Apr 25 – Jun 13	\$66/\$82
1:00pm to 2:00pm	Feldenkrais with Sarah	#431562-01	Mar 7 – Apr 25	\$82/\$99**
<b>Thursdays</b>				
9:15am to 10:15am	Strength with Nancy	#331043-04	Mar 1 – Apr 19	\$82/\$99
	Strength with Nancy	#431043-02	Apr 26 – Jun 14	\$82/\$99
10:30am to 11:15am	Joints in Motion with Lisa	#331303-04	Mar 1 – Apr 19	\$66/\$82
	Joints in Motion with Lisa	#431303-02	Apr 26 – Jun 14	\$66/\$82
11:30am to 12:45pm	Kundalini YOGA with Michelle	#331570-01	Mar 1 – Apr 19	\$82/\$99
<b>Fridays</b>				
9:30am to 10:15am	ZUMBA with Ruben	#331551-02	Mar 2 – Apr 20	\$82/\$99
	ZUMBA with Ruben	#431551-01	Apr 27 – Jun 15	\$82/\$99
10:00am to 10:30am	Balance, Core & More	none	ongoing	free!
11:00am to 12:00noon	Tai Chi with Evelyn	#331007-02	Mar 2 – Apr 20	\$82/\$99
	Tai Chi with Evelyn	#431007-01	Apr 27 – Jun 15	\$82/\$99
1:00pm to 2:00pm	Karate for Parkinson's	#331527-01	Mar 2 – Apr 20	\$50/\$50

\*\*Feldenkrais: no Class on 3/28/2018