



July Fitness Schedule

Now Enrolling!

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Fees:

6 visit passes

Boarding Pass Plus: \$30

Boarding Pass: \$36

Non-Member Resident: \$42

Non Member Non Resident: \$48

\$9 drop-in fee**

**drop in fee does not include use of facility.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10am-11am Step Aisha	10am-11am Pilates/Body Tone Aisha	8am-9am Pilates/Yoga Sandy	10am-11am Power Pilates Aisha		8am-9am Pilates Sandy	
5pm-6pm Yoga Regina		9am-10am Aerobics/ Kickboxing Sandy			9am-10am X-Treme Bootcamp—Aisha	1pm-2pm Zumba Margie
6pm-7pm Gutts N Butts Margie	6pm-7pm Yoga Sandy	10am-11am X-Treme Bootcamp—Aisha				
7pm-8pm Cardio Fit Ronnie	6pm-7pm X-Treme Bootcamp	5pm-6pm Yoga Regina				
	7pm-8pm Pilates Sandy	6pm-7pm Beginners Zumba Margie				
		7pm-8pm Cardio Fit Ronnie		7pm-8pm Hip-Hop Hustle Ronnie		



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