

ACTIVE WELLNESS CLUB

September 12th – December 2nd

Fall Schedule



Monday – 5:30 Funfit



Tuesday – 4:15 Yoga & Pilates
Tuesday - 5:30 Zumba / POUND

Wednesday – 8:15 Gentle Yoga
Wednesday – 5:30 Interval Training

Thursday – 4:15 Zumba / POUND
Thursday – 5:30 Ultimate Mix

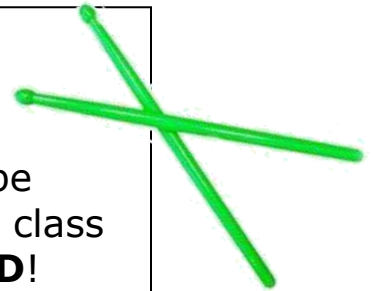


Friday – 8:30 Gentle Yoga

**** NEW ****

Beginning October 25th **POUND** will be introduced with Arlene's Zumba class. The class will be 30 min Zumba & 30 min **POUND**!

Come out and try a new class that is sure to get you energized, toned & rockin'! Designed for ALL levels of fitness



Fees

Full Session – 12 Weeks

One Class: Member \$80	Non-Member \$95
Two Classes: Member \$140	Non-Member \$170
All Access: Member \$200	Non-Member \$230

1/2 Session – 6 Weeks

Member \$40	Non-Member \$50
Member \$70	Non-Member \$85
Member \$100	Non-Member \$115