

FALL / WINTER 2019 - 2020 PREMIUM GROUP FITNESS PROGRAMS

Class	Location	# of Classes	Day	Fall	Winter	Duration	Time	Member Fee	Non-Member Fee
Gentle Fitness	Studio 5	40	Mon. Wed. & Fri.	Sept. 20 - Feb. 14		55 min	9:10 - 10:05am	\$75.00	\$135.00
Olympic-Style Non-Contact Box Fit	Studios 3 + 4	12	Sun.	Sept. 15 - Dec. 1	Jan. 12 - Mar. 29	90 min	11:30am - 1:00pm	\$165.00	\$215.00
Olympic-Style Non-Contact Box Fit	Studios 3 + 4	12	Tues.	Sept. 17 - Dec. 3	Jan. 14 - Mar. 31	90 min	8:15 - 9:45am	\$165.00	\$215.00
Olympic-Style Non-Contact Box Fit	Studios 3 + 4	12	Thurs.	Sept. 19 - Dec. 5	Jan. 16 - Apr. 2	90 min	7:30 - 9:00pm	\$165.00	\$215.00
Adult/Teen Karate (All Levels)	Studio 5	12	Fri.	Sept. 20 - Dec. 6	Jan. 10 - Mar. 27	60 min	7:15 - 8:15pm	\$135.00	\$165.00
Children's Karate (Beginner ages 6 - 11)	Studio 5	12	Fri.	Sept. 20 - Dec. 6	Jan. 10 - Mar. 27	60 min	6:00 - 7:00pm	\$135.00	\$165.00
Children's Karate (All Levels)	Studio 5	12	Sat.	Sept. 21 - Dec. 7	Jan. 11 - Mar. 28	60 min	1:00 - 2:00pm	\$135.00	\$165.00
Tai Chi (Beginner)	Studio 5	12	Sun.	Sept. 22 - Dec. 8	Jan. 12 - Mar. 29	60 min	8:30 - 9:30am	\$135.00	\$165.00
Tai Chi (Int / Adv)	Studio 5	12	Sat.	Sept. 21 - Dec. 7	Jan. 11 - Mar. 28	60 min	8:30 - 9:30am	\$135.00	\$165.00
Adult Squash	Squash Courts	10	Sat.	Sept. 21 - Nov. 23	Jan. 18 - Mar. 28	60 min	10:00 - 11:00am	\$145.00	\$175.00
Children's Squash	Squash Courts	10	Sat.	Sept. 21 - Nov. 23	Jan. 18 - Mar. 28	45 min	9:00 - 9:45am	\$145.00	\$175.00

Prices and schedules are subject to change without notice.

*Gentle Fitness classes will not run from Monday, December 14, 2019 to Friday, January 19, 2020.

For Omega Small Group Training, please inquire at the Membership Office.