

Fall / Winter 2020 - 2021 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. 21 – Feb. 12		55 min	9:10 – 10:05am	\$75.00	\$135.00
Olympic-Style Non-Contact Box Fit	Studio 3/4	12	Sun.	Sept. 20 – Dec. 22	Jan. 18 – Mar. 28	90 min	11:30am – 1:00pm	\$165.00	\$215.00
Olympic-Style Non-Contact Box Fit	Studio 3/4	12	Tues.	Sept. 15 – Dec. 17	Jan. 12 – Mar. 23	90 min	8:15 – 9:45am	\$165.00	\$215.00
Olympic-Style Non-Contact Box Fit	Studio 3/4	12	Thurs.	Sept. 17 – Dec. 19	Jan. 14 – Mar. 25	90 min	7:30 – 9:00pm	\$165.00	\$215.00
Adult/Teen Karate (All Levels)	Studio 5	12	Fri.	Sept. 18 – Dec. 4	Jan. 8 – Mar. 26	60 min	7:15 – 8:15pm	\$135.00	\$165.00
Children’s Karate (Beginner ages 6 - 11)	Studio 5	12	Fri.	Sept. 18 – Dec. 4	Jan. 8 – Mar. 26	60 min	6:00 – 7:00pm	\$135.00	\$165.00
Children’s Karate (All Levels)	Studio 5	12	Sat.	Sept. 19 – Dec. 5	Jan. 9 – Mar. 27	60 min	1:00 – 2:00pm	\$135.00	\$165.00
Tai Chi	Studio 5	12	Sat.	Sept. 19 – Dec. 5	Jan. 9 – Mar. 27	60 min	8:30 – 9:30am	\$135.00	\$165.00
Adult Intermediate Squash Clinic	Squash Courts	5	Tues.	Sept. 19 – Nov. 21	Jan. 18 – Mar. 26	60 min	5:30 – 6:30pm	\$145.00	\$175.00
Kids Learn To Play	Squash Courts	5	Tues.	Sept. 19 – Nov. 21	Jan. 18 – Mar. 26	45 min	12:00 – 12:45pm	\$145.00	\$175.00
<b>NEW!</b> TRX® Circuit	Studio 3/4	5	Sat.	Sept. 19 – Nov. 21	Jan. 18 – Mar. 28	45 min	12:00 – 12:45pm	\$145.00	\$175.00
<b>NEW!</b> TRX® Circuit	Studio 3/4	5	Mon.	Sept. 21 – Nov. 30	Jan. 20 – Mar. 30	45 min	7:00 – 7:45pm	\$145.00	\$175.00
Prices and schedules subject to change without notice.									