

WINTER 2022 PREMIUM GROUP FITNESS PROGRAMS: JANUARY 9 - MARCH 20, 2022

| Class | Location | # of Classes | Day | Dates | Duration | Time | Member Fee | Non-Member Fee |
|--|----------|--------------|--------|-------------------|----------|-------------------|------------|----------------|
| Gentle Hatha Yoga | Studio 5 | 10 | Tues. | Jan. 11 – Mar. 15 | 60 min | 12:15 – 1:15pm | \$135.00 | \$160.00 |
| Gentle Hatha Yoga | Studio 5 | 10 | Thurs. | Jan. 13 – Mar. 17 | 60 min | 12:15 – 1:15pm | \$135.00 | \$160.00 |
| Hatha Yoga | Studio 5 | 10 | Mon. | Jan. 10 – Mar. 14 | 60 min | 6:30 – 7:30pm | \$135.00 | \$160.00 |
| Hatha Yoga | Studio 5 | 10 | Tues. | Jan. 11 – Mar. 15 | 60 min | 11:00am – 12:00pm | \$135.00 | \$160.00 |
| Hatha Yoga | Studio 5 | 10 | Wed. | Jan. 12 – Mar. 16 | 60 min | 6:30 – 7:30pm | \$135.00 | \$160.00 |
| Hatha Yoga | Studio 5 | 10 | Thurs. | Jan. 13 – Mar. 17 | 60 min | 11:00am – 12:00pm | \$135.00 | \$160.00 |
| Hatha Yoga | Studio 5 | 10 | Sat. | Jan. 15 – Mar. 19 | 60 min | 9:30 – 10:30am | \$135.00 | \$160.00 |
| Olympic-Style Non-Contact Box Fit (Boxing) | Studio 5 | 10 | Sun. | Jan. 9 – Mar. 13 | 90 min | 11:00am – 12:30pm | \$165.00 | \$215.00 |
| Restorative Yoga (Class available in-person or virtually) | Studio 5 | 10 | Thurs. | Jan. 13 – Mar. 17 | 60 min | 7:00 – 8:00pm | \$135.00 | \$160.00 |
| Vinyasa Yoga (Class available in-person or virtually) | Studio 5 | 10 | Sun. | Jan. 16 – Mar. 20 | 60 min | 10:00 – 11:00am | \$135.00 | \$160.00 |

Prices and schedules subject to change without notice.