

**SPRING 2022 PREMIUM GROUP FITNESS PROGRAMS: APRIL 10 - JUNE 30, 2022**

Class	Location	# of Classes	Day	Dates	Duration	Time	Member Fee	Non-Member Fee
Gentle Hatha Yoga	Studio 5	10	Tues.	Apr. 26 – Jun. 28	60 min	12:15 – 1:15pm	\$135.00	\$165.00
Gentle Hatha Yoga	Studio 5	10	Thurs.	Apr. 28 – Jun. 30	60 min	12:15 – 1:15pm	\$135.00	\$165.00
Hatha Yoga	Studio 5	10	Mon.	Apr. 25 – Jun. 27	60 min	6:30 – 7:30pm	\$135.00	\$165.00
Hatha Yoga	Studio 5	10	Tues.	Apr. 26 – Jun. 28	60 min	11:00am – 12:30pm	\$135.00	\$165.00
Hatha Yoga	Studio 5	10	Wed.	Apr. 27 – Jun. 29	60 min	6:30 – 7:30pm	\$135.00	\$165.00
Hatha Yoga	Studio 5	10	Thurs.	Apr. 28 – Jun. 30	60 min	11:00am – 12:00pm	\$135.00	\$165.00
Hatha Yoga	Studio 5	10	Sat.	Apr. 23 – Jun. 25	60 min	9:00 – 10:00am	\$135.00	\$165.00
Restorative Yoga (Class available in-person or virtually)	Studio 5	10	Thurs.	Apr. 14 – Jun. 23*	60 min	7:00 – 8:00pm	\$135.00	\$165.00
Vinyasa Yoga (Class available in-person or virtually)	Studio 5	10	Sun.	Apr. 10 – Jun. 19**	60 min	10:00 – 11:00am	\$135.00	\$165.00
Karate - Adult & Teens All Levels	Studio 5	10	Mon.	Apr. 25 – Jun. 27	60 min	6:00 – 7:00pm	\$135.00	\$165.00
Karate - Adult & Teens All Levels	Studio 5	9	Fri.	Apr. 29 – Jun. 24	60 min	7:15 – 8:15pm	\$125.00	\$155.00
Karate - Children Beginner	Studio 5	9	Fri.	Apr. 29 – Jun. 24	60 min	6:00 – 7:00pm	\$125.00	\$155.00
Karate - Children	Studio 5	10	Sat.	Apr. 23 – Jun. 25	60 min	10:30 – 11:30am	\$135.00	\$165.00
Olympic-Style Non-Contact Box Fit (Boxing)	Studio 3/4	10	Sun.	Apr. 24 – Jun. 26	90 min	11:00am – 12:30pm	\$165.00	\$215.00
Tai-Chi Beginner	Studio 5	10	Sat.	Apr. 23 – Jun. 25	60 min	12:00 – 1:00pm	\$135.00	\$165.00

Prices and schedules subject to change without notice.

\* No classes on April 21

\*\* No classes on April 17