

**SUMMER 2022 PREMIUM GROUP FITNESS PROGRAMS: JULY 9 - AUGUST 22, 2022**

Class	Location	# of Classes	Day	Dates	Duration	Time	Member Fee	Non-Member Fee
Gentle Hatha Yoga	Studio 5	6	Tues.	Jul. 12 - Aug. 16	60 min	12:15 - 1:15pm	\$99.00	\$125.00
Gentle Hatha Yoga	Studio 5	6	Thurs.	Jul. 14 - Aug. 18	60 min	12:15 - 1:15pm	\$99.00	\$125.00
Hatha Yoga	Studio 5	6	Mon.	Jul. 11 - Aug. 22	60 min	6:30 - 7:30pm	\$99.00	\$125.00
Hatha Yoga	Studio 5	6	Tues.	Jul. 12 - Aug. 16	60 min	11:00am - 12:00pm	\$99.00	\$125.00
Hatha Yoga	Studio 5	6	Tues.	Jul. 12 - Aug. 16	60 min	6:00 - 7:00pm	\$99.00	\$125.00
Hatha Yoga	Studio 5	6	Wed.	Jul. 13 - Aug. 17	60 min	6:30 - 7:30pm	\$99.00	\$125.00
Hatha Yoga	Studio 5	6	Thurs.	Jul. 14 - Aug. 18	60 min	11:00am - 12:00pm	\$99.00	\$125.00
Hatha Yoga	Studio 5	6	Sat.	Jul. 16 - Aug. 20	60 min	9:00 - 10:00am	\$99.00	\$125.00
Karate - Adult & Teens All Levels	Studio 5	6	Fri.	Jul. 15 - Aug. 19	60 min	7:15 - 8:15pm	\$99.00	\$155.00
Karate - Children Beginner	Studio 5	6	Fri.	Jul. 15 - Aug. 19	60 min	6:00 - 7:00pm	\$99.00	\$125.00
Karate - Children	Studio 5	6	Sat.	Jul. 9 - Aug. 13	60 min	12:00 - 1:00pm	\$99.00	\$125.00
Kickboxing All Levels	Main Gym	5	Tue.	Jul. 12 - Aug. 9	60 min	6:30 - 7:30pm	\$85.00	\$105.00
Kickboxing All Levels	Main Gym	5	Thurs.	Jul. 14 - Aug. 11	60 min	12:00 - 1:00pm	\$85.00	\$105.00
Tai-Chi Beginner	Studio 5	6	Sat.	Jul. 9 - Aug. 13	60 min	10:30 - 11:30am	\$99.00	\$125.00

Prices and schedules subject to change without notice.