

# PREMIUM GROUP FITNESS PROGRAMS

Class	Location	# of Classes	Day	Winter	Duration	Time	Member Fee	Non-Member Fee
Kickboxing All Levels	Main Gym	10	Tues.	Apr. 11 – Jun. 13	60 min	6:30 – 7:30pm	\$145.00	\$185.00
Kickboxing All Levels	Main Gym	10	Fri.	Apr. 14 – Jun. 16	60 min	11:00am – 12:00pm	\$145.00	\$185.00
<b>NEW!</b> Pilates*	Main Gym	8	Wed.	Apr. 19 – Jun. 7	60 min	6:00 – 7:00pm	\$115.00	\$150.00

Prices and schedules subject to change without notice.

\*Classes available virtually through ZOOM and in-person.

# PREMIUM YOGA / MEDITATION PROGRAMS

Class	Location	# of Classes	Day	Winter	Duration	Time	Member Fee	Non-Member Fee
Hatha Yoga	Studio 5	6	Mon.	Apr. 10 – May 15	60 min	10:00 – 11:00am	\$90.00	\$110.00
Hatha Yoga	Studio 5	10	Tues.	Apr. 11 – Jun. 20 <sup>†</sup>	60 min	11:00am – 12:00pm	\$145.00	\$185.00
Hatha Yoga*	Studio 5*	10	Mon.	Apr. 10 – Jun. 19 <sup>†</sup>	60 min	6:00 – 7:00pm	\$145.00	\$185.00
Hatha Yoga	Studio 5	6	Tues.	Apr. 11 – May 16	60 min	6:00 – 7:00pm	\$90.00	\$110.00
Hatha Yoga	Studio 5	10	Thurs.	Apr. 13 – Jun. 22	60 min	11:00am – 12:00pm	\$145.00	\$185.00
Hatha Yoga*	Studio 5*	6	Sat.	Apr. 15 – May. 27 <sup>†</sup>	60 min	9:00 – 10:00am	\$90.00	\$110.00
Gentle Hatha Yoga	Studio 5	10	Tues.	Apr. 11 – Jun. 20 <sup>†</sup>	60 min	12:15 – 1:15pm	\$145.00	\$185.00
Gentle Hatha Yoga	Studio 5	10	Thurs.	Apr. 13 – Jun. 22 <sup>†</sup>	60 min	12:15 – 1:15pm	\$145.00	\$185.00
Restorative Yoga*	Studio 5*	10	Thurs.	Apr. 20 – Jun. 22	60 min	7:30 – 8:30pm	\$145.00	\$185.00
Yoga for Beginners	Studio 5	10	Thurs.	Apr. 13 – Jun. 22 <sup>†</sup>	60 min	9:45 – 10:45am	\$145.00	\$185.00
Vinyasa Yoga*	Studio 5*	10	Sun.	Apr. 23 – Jun. 25	60 min	10:00 – 11:00am	\$145.00	\$185.00

Prices and schedules subject to change without notice.

<sup>†</sup>No Classes – April 10, 18, May 20 & 22.

\*Classes available virtually through ZOOM and in-person.