

# FITNESS SCHEDULE

# January 2012



MON	STROLLER FIT	<b>Not part of Membership</b> Christine CP. No Class Jan 2 Drop-ins \$6.50	10:30—11:30 am
MON	ZUMBA	<b>Not part of Membership</b> Cathy T. . Starts Jan 9th Drop in Fee \$9.00	1:30—2:30 am
TUE	DROP-IN BADMINTON	<b>Not part of Membership</b> Noriko Starts Jan 9th Drop In Fee: \$3.00	5:15—6:45 pm
MON	CARDIO KICKBOXING	Christine CP. Starting Jan 9th Drop ins need to pay instructor	7:00—8:00 pm
TUE	TAI CHI	<b>Not part of Membership</b> Lynne C. Starts Jan 10th Drop In Fees: Check NSNH Brochure Drop ins vary	9:00 -10:30am
TUE	ZUMBA	<b>Not part of Membership</b> Cathy T. Starts Jan 10th Drop-ins are \$12.00	6:00—7:00 pm
WED	MORE CORE	Charlotte	9:00—10:00 am
WED	STROLLER FIT	Christine CP <b>Not part of Membership</b> Drop-ins are \$6.50	10:30—11:30 am
THU	TAI CHI	<b>Not part of Membership</b> Lynne C. Starts Jan 10th Drop In Fees VARY please check NSNH Brochure	9:00 -10:00am
FRI	YO-STRETCH	Rosemary C.	9:15-10:15am
FRI	CARDIO KICKBOX	Crystal M	6:00 - 7:00pm
SAT	Circuit KICKBOX	Christine CP.	11:15– 12:30 pm

NVRC Membership DROP IN FEES: Adult \$6.45  
 Student/Senior \$5.10  
 Ages 12 to 14 \$2.84  
 Non-Membership: Drop ins vary

**PURCHASE PRE-PAID Fitness DROP IN CARD**  
 10 \$6.50 DROP-INS for \$65.00