

FITNESS SCHEDULE

August 2010



MON	STROLLER FIT	<u>Not part of Membership</u> Christine CP. Aug 23, 30 Sub: Kelsey T. Aug 9 & 16	9:30-10:30 am NEW TIME Drop-ins are \$6.50
MON	CARDIO KICKBOXING	Christine CP. Aug 23, 30 Sub: Nancy M. Aug 9 & 16	7:00-8:00 pm
TUE	TAI CHI	<u>Not part of Membership</u> Lynne C. Drop In Fees: \$8.00 Adult 1 hour \$7:30 Senior 1hour \$11.00 Adult 1.5 hours \$8.50 Seniors 1.5 hours	9:30 -10:30am 8:30 -10:30am (1.5 hr drop-in during above)
TUE	DROP-IN BADMINTON	<u>Not part of Membership</u> Noriko Drop In Fee: \$2.50	5:00-6:30pm
WED	STROLLER FIT	<u>Not part of Membership</u> Christine CP Aug. 4, 24, Sep 1 Sub: Kelsey T. Aug 11, 18	9:30-1030 am NEW TIME Drop-ins are welcome \$6.50
THU	TAI CHI	<u>Not part of Membership</u> Lynne C. Drop In Fees: \$8.00 Adult 1 hour \$7:30 Senior 1hour \$11.00 Adult 1.5 hours \$8.50 Seniors 1.5 hours	9:30 -10:30am 8:30 -10:30am (1.5 hr drop-in during 8:30-10:30 am)
FRI	YO-STRETCH	Rosemary C. (July 2) Sub: Amber R. July & August	9:15-10:15am
SAT	Circuit KICKBOX	Christine CP. Aug. 28 Sub: Amber R. Aug. 7, 14, 21	10:15-11:30pm NEW TIME

Membership DROP IN FEES:	Adult	\$6.15
	Student/Senior	\$4.90
	Ages 12 to 14	\$2.84