**2020 - Group Training Jan 4 – Mar 19**

**Annual Closures**

**Spring Break Week March 22-26**

**Memorial Day May 28-31**

**4th of July Week June 28-July 4**

**Labor Day Sept 3 – Sept 6**

**Fall Break Sept 27-Oct 1**

**Thanksgiving Nov 24-26**

**Christmas /New Year Dec 20-Jan 2**

We reserve the right to cancel or change the schedule at any time

Silver&Fit is included for Silver&Fit Members

Note: $15 per month for Sneaker & Optum Members

Shaded classes carry a fee and restrictions, see club for details

*Revision date: January 27, 2020*

**Winter Price**

**CORE-Fit Full Member**

Quarterly $200

Monthly EFT $60

**CORE-Fit Basic/NON-Member**

Quarterly $240

Monthly EFT $72

**Noon Full Member**

Quarterly $180

Monthly PIF $69

Monthly EFT $45

**Noon NON-Member**

Quarterly $200

Monthly PIF $85

Monthly EFT $55

Silver & Fit = Program Only

Senior Fitness $15 per month REQUIRES a full service membership

CORE-Fit MAX-Club Fit Members may attend any other class. CORE-Fit MAX **NON-**Members are limited to registered session.

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| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 5:15am  **Core-Fit –**  **MAX Effort** |  | 5:15am  **Core-Fit –**  **MAX Effort** |  | 5:15am  **Core-Fit –**  **MAX Effort** |
| 9:00am  **Silver&Fit** |  | 9:00am  **Silver&Fit** |  |  |
|  |  |  |  |  |
| Noon-1pm  **Noon**  **Boot Camp** |  | Noon-1pm  **Noon**  **Boot Camp** |  | Noon-1pm  **Noon**  **Boot Camp**  **Rate change effective Jan 2021** |

***Yoga -*** *Building mind fullness with yoga postures and using breathe awareness and body strength*

***Senior Fitness*** *-Total body workout geared for the mature adult adaptable for all levels*

***Boot Camp*** *- High intensity training using weight equipment, TRX, stationary bikes and more.*

***Private Group Training:*** *4 person group of specialized, individualized & goal oriented workouts*

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Instructor vacations and absences may

Result in cancelled classes

Thank you!