

Group Fitness Schedule: Fall 2010 Effective September 1st - December 31st

Times:	Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
6:05AM			SPINNING® 55 min. <i>with Jessica & Jen</i>				
8:30AM			Fit At Any Age 55 min. <i>with Katie Albrecht</i>				
9:00AM					Core & Weights 55 min. <i>with Jessica Young</i>		
9:15AM						SPINNING® 55 min. <i>with Asya & Maggie</i>	
						Zumba 55 min. <i>with Anna Roberts</i>	
9:30AM	Step Interval & Weights 55 min. <i>with Dee Elliott</i>	SPINNING® 55 min. <i>with Asya Heckle</i>	Step Interval & Weights 55 min. <i>with Katie Albrecht</i>	SPIN & CORE® 55 min. <i>with Diane Ehrentraut</i>	Beginner Yoga 55 min. <i>with Heather Waldron</i>		
10:15AM						Turbo Kick® 55 min. <i>with Jessica Sewell</i>	
10:45AM					Cardio Interval 55 min. <i>with Dee Elliott</i>		
11:00AM						Adapted Fitness 55 min. <i>with Katie Albrecht</i>	
11:15AM							SPINNING® 55 min. <i>with Dannette Trappe</i>
12:15PM							Cardio Interval 55 min. <i>with Dee Elliott</i>
5:30PM			AB - Solute 30 30 min. <i>with Alyssa Ittu</i>			<p align="center">Group Fitness Information:</p> <p>20 Visit Punch Pass (expires in 4 months) Mem: \$75 RNM: \$85 NR: \$110</p> <p>10 Visit Punch Pass (expires in 2 months) Mem: \$40 RNM: \$50 NR: \$60</p> <p>Drop In Rate: Mem: \$5 RNM: \$6 NR: \$7</p> <p><i>Classes with less than 5 participants may be changed or cancelled.</i></p> <p>Punch passes are a great deal! They are non – refundable and non – transferrable Punch passes are not valid with Specialty Classes</p> <p><small>Schedule and prices subject to change! Visit www.fairviewpark.org for your copy of the schedule, updated class times, and class descriptions.</small></p>	
5:45PM				Beginner Yoga 55 min. <i>with Heather Waldron</i>			
6:00PM	Cardio K-Boxing 55 min. <i>with Della Yost-Kubera</i>	Core & Weights 55 min. <i>with Lori Steele</i>	Cardio K-Boxing 55 min. <i>with Diane Ehrentraut</i>	Core & Weights 55 min. <i>with Cyndi Hull</i>			
	Cardio Core Blast 55 min. <i>with Katie Albrecht</i>						
6:15PM	SPINNING® 55 min. <i>with Alyssa Ittu</i>		SPINNING® 55 min. <i>with Dannette Trappe</i>				
7:00PM	Yoga Flow 55 min. <i>with Daphne DeVetsco</i>	SPINNING® 55 min. <i>with Maggie Langley</i>	Zumba 55 min. <i>with Tru Pace</i>	SPIN & CORE® 55 min. <i>with Maggie Langley</i>			
		Cardio Interval 55 min. <i>with Dee Elliott</i>		Turbo Kick 55 min. <i>with Jessica Sewell</i>			
7:15PM	Zumba 55 min. <i>with Suzy Parnell</i>		Pilates 55 min. <i>with Jessica Sewell</i>				
7:30PM			SPINNING® 55 min. <i>with Jen Ference</i>				

Specialty Fitness Class Fees:		
Classes:	Drop In Rates:	Session Rates:
Yoga Classes	\$10 M/RNM \$11 NR	\$45 M/RNM \$50 NR
Zumba	\$6 M/RNM \$8 NR	Drop In Only
Adapted Fitness	No Drop In	\$30 M/RNM \$36 NR

The Gemini Center
 Fairview Park's Recreation & Community Facility

CLASS DESCRIPTIONS AND STUDIO LOCATION ON BACK OF SCHEDULE

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