

GEMINI CENTER GROUP FITNESS CLASSES

SPRING / SUMMER: Effective May thru August

REGULAR GROUP FITNESS CLASSES

Mix & Match Your Fitness With a Punch Pass

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:05 SPINNING® <i>Paul Lafarciola</i>		6:05 Core Weights <i>Jessica Young</i>	9:15 SPINNING® <i>Asya / Maggie</i>	11:15 SPINNING® <i>Dannette Trappe</i>
8:30 BUILDING BALANCE <i>Lori Steele</i>	9:30 SPINNING® <i>Asya Heckle</i>	8:30 4 Ever Fit <i>Katie Albrecht</i>	9:30 SPIN & CORE® <i>Diane Ehrentraut</i>	8:30 4 Ever Fit <i>Lori Steele</i>	10:15 Turbo Kick® <i>Jessica Sewell</i>	12:15 Cardio Interval <i>Dee Elliot</i>
9:30 Step/Interval & Weights <i>Dee Elliot</i>		9:30 Step/Interval & Weights <i>Katie Albrecht</i>		10:45 Cardio Circuit <i>Dee Elliot</i>		
PM 12:10 Lunch Express Spinning Workout <i>Mary Long</i>	6:00 Core & Weights <i>Lori Steele</i>	PM 12:10 Lunch Express Interval Workout <i>Mary Long</i>	6:00 Core & Weights <i>Cyndi Hull</i>	REGULAR GROUP FITNESS CLASS FEES: 20 PUNCH PASS: (Expires in 4 months) M \$75 RNM \$85 NR \$105 10 PUNCH PASS: (Expires in 2 months) M \$40 RNM \$50 NR \$60 DROP IN RATE: LUNCH TIME: \$4 M \$5 RNM \$6 NR \$7 PUNCH PASSES ARE A GREAT DEAL! They are non refundable and non transferable.		
6:00 Cardio Kickboxing <i>Della Yost Kubera</i>	7:00 SPINNING® <i>Maggie Langley</i>	6:00pm Cardio Kickboxing <i>Diane Ehrentraut</i>	7:00 SPIN & CORE® <i>Maggie Langley</i>			
6:30 SPINNING® <i>Alyssa Ittu</i>		6:30 SPINNING® <i>Dannette Trappe</i>	7:00 Turbo Kick® <i>Jessica Sewell</i>			
		7:15 Pilates <i>Anna Roberts</i>				

Classes with less than 5 people may be changed or cancelled.

SPECIALTY FITNESS CLASSES

Fee Based Classes Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:15 Zumba <i>Anna Roberts</i> Studio 2
				9:30 Beginner Yoga <i>Heather Waldron</i> Studio 1	11:00 Adapted Fitness <i>Katie Albrecht</i> Studio 2
			5:45 Beginner Yoga <i>Heather Waldron</i> Studio 1	SPECIALTY FITNESS CLASS FEES Classes: Drop In Rates: Sessions: M/RNM: NR: M / RNM: NR: YOGA \$10.00 \$11.00 \$45.00 50.00 ZUMBA \$6.00 \$8.00 Drop In Only Drop In Only ADAPTED FIT. No Drop In \$30.00 36.00	
7:00 Yoga Flow <i>Daphne De Vetsco</i> Studio 1		7:15 Zumba <i>Tru Pace</i> Studio 2			
7:15 Zumba <i>Susan Parnell</i> Studio 2					
Punch Passes are not valid with Specialty Classes					



Class location is listed in the description on the back of schedule.

Group fitness classes are open to participants 15 & Up.

Punch passes let you mix and match regular group classes.

Specialty classes are a separate fee.

All classes are subject to change without notice.

Class size is limited.

Classes are 55 minutes in length unless noted.

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.