



# Fitness Class Schedule



SUMMER 2010

Day/Time	MON	TUES	WED	THURS	FRI	SAT/SUN
6:25 am	Burn it with the Ball		Muscle Muves		Fusion Fitness/ Pilates Plus	
7:45 am	Pilates		Muscle Muves		Pilates	NO WEEKEND CLASSES JULY/AUGUST!
8:00am		Fit Yoga				
9:00 am	Step & Power Intervals	Turbo Kick Box	Muscle Muves	Flex Appeal	Cardio Party	CLASSES RESUME SEPTEMBER
10:30 am	Young at Heart* Cardio party	Lite & lively** Gentle aerobics	Young at Heart* Muscle Muves	Young at Heart* Zumba	Young at Heart* Cardio w/ Power Intervals	11 <sup>th</sup> ! HAVE A GREAT SUMMER!
5:00 pm	Hard Core		Hard Core			
5:30 pm	Muscle Muves	Pilates	Intervals of Power	Fit Yoga		

\*The Young at Heart class is \$3 per class, sponsored by the Commission on Aging

\*\*Powerhouse Gym Members-no fee, Non-member-\$3.

## Gym Hours

Summer

Monday-Friday 5am-8pm

Saturday 8am-2pm

Sunday 10am-4pm

Walk in Rates only \$5.00

Thursdays! Check out Zumba!