

Adult Fitness Classes Session #3

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am		Cardio Beat 9:00am-10:00am Kathy C.	Cardio Beat 9:00am-10:00am Kathy C. (3/27 Chex sub)		Cardio Beat 9:00am-10:00am Kathy C.
*Open Workout <i>Opens 3/24</i>	12-4pm	10am-4pm	10am-4pm	10am-4pm	10am-4pm
12:30pm	Cardio Strength Interval 12:30pm-1:30pm Leslie B.			Cardio Strength Interval 12:30pm-1:30pm Leslie B.	
5:15pm				Cardio Dance 5:15pm-6:15pm Chex B.	
6:30pm				Adult Open Gym 6:30pm-8:00pm PA STAFF	

Coming Soon.... CHILD CARE Options and open workout area.

*We are bringing back our upstairs Adult Fitness workout area, for open workout. A small open space to get in your own fitness routine. Monday-Friday. Light props and mats available.

Inquire at the front office for more details. Hours of operation Monday 12-4, Tues-Fri 10-4.

Our Adult Fitness Area Opens Session #4, March 24th.

SESSION BREAK: GYM CLOSED during Spring Break, **March 31st - April 7th.**

This is a 5th week and is excluded from your tuition. Make ups are not needed.

We will be **offering TWO EXTRA WORKOUTS on Tues 4/2 and Friday 4/5 with Kathy**
- at an added cost (prorated tuition).