

# *Wellness Center Fitness Facility Winter 2010*

## *Winter Session: January 4 – March 12 (10 weeks)*

<b>Monday</b>	<b>6:00 – 7:00 am</b>	<b>Cycle with Jacques</b>	<b>Jacques Hebert</b>
	<b>8:30 - 9:30</b>	<b>AM Cycle and Sculpt</b>	<b>Sharon Stewart</b>
	<b>10:30 – 11:30</b>	<b>Morning Yoga</b>	<b>Pat Shover</b>
	<b>4:15 – 5:00</b>	<b>PM Cycle &amp; Sculpt</b>	<b>Sharon Stewart</b>
	<b>5:15 – 6:15</b>	<b>Pilates</b>	<b>Tina de la Bruere</b>
	<b>6:15 – 7:15</b>	<b>Brazilian Grooves (1/4 – 2/22 – 8 wks)</b>	<b>Mo Profera</b>
	<b>7:15 – 8:15</b>	<b>Dancerobics</b>	<b>Cindy Stone</b>
<b>Tuesday</b>	<b>6:00 –7:00am</b>	<b>EB Cycle</b>	<b>Sharon Stewart</b>
	<b>10:00 - 11:00</b>	<b>Senior Fitness</b>	<b>Mary Perkins</b>
	<b>1:00 – 2:30</b>	<b>Inspirational Journaling (1/12-2/16)</b>	<b>Jana Parker</b>
	<b>4:00 - 5:00</b>	<b>Gentle Yoga</b>	<b>Alice Morrison</b>
	<b>5:00 - 6:00</b>	<b>Total Fitness</b>	<b>Deb Jacobs</b>
	<b>6:15 – 7:15</b>	<b>Country Line Dance</b>	<b>Suzette Campbell</b>
<b>Wednesday</b>	<b>8:30 - 9:30</b>	<b>AM Cycle and Sculpt</b>	<b>Sharon Stewart</b>
	<b>4:15 – 5:00</b>	<b>PM Cycle &amp; Sculpt</b>	<b>Sharon Stewart</b>
	<b>5:15 – 6:15</b>	<b>Pilates</b>	<b>Tina de la Bruere</b>
	<b>6:15 – 7:00</b>	<b>Tae Kwon Do for Kids</b>	<b>Rick Dunlavey</b>
	<b>7:00 - 7:45</b>	<b>Family Tae Kwon Do</b>	<b>Rick Dunlavey</b>
<b>Thursday</b>	<b>6:00 -7:00 am</b>	<b>EB Cycle &amp; Sculpt</b>	<b>Sharon Stewart</b>
	<b>8:30 - 9:30</b>	<b>Morning Yoga</b>	<b>Pat Shover</b>
	<b>10:00 - 11:00</b>	<b>Senior Fitness</b>	<b>Mary Perkins</b>
	<b>4:00 – 5:00</b>	<b>Gentle Yoga</b>	<b>Alice Morrison</b>
	<b>5:00 - 6:00</b>	<b>Total Fitness</b>	<b>Deb Jacobs</b>
	<b>6:00 – 7:00</b>	<b>Winning by Losing</b>	<b>Mary Perkins et. al.</b>
<b>Friday</b>	<b>6:00–7:00am</b>	<b>EB Cycle &amp; Sculpt</b>	<b>Sharon Stewart</b>
	<b>8:30 – 9:30</b>	<b>AM Cycle and Sculpt</b>	<b>Sharon Stewart</b>
	<b>4:15 – 5:00</b>	<b>Cycle &amp; Sculpt</b>	<b>Sharon Stewart</b>
	<b>5:00 – 5:45</b>	<b>Tae Kwon Do for Kids</b>	<b>Rick Dunlavey</b>
	<b>5:45 – 6:30</b>	<b>Family Tae Kwon Do</b>	<b>Rick Dunlavey</b>
	<b>6:30 – 8:00</b>	<b>Dance (1/8 – 3/12 – no class 2/19 &amp; 26)</b>	<b>Sandra Chaplin</b>
<b>Saturday</b>	<b>7:30-8:30 am</b>	<b>Cycle with Jacques</b>	<b>Jacques Hebert</b>
	<b>8:30 - 9:30a</b>	<b>WE Cycle and Sculpt</b>	<b>Sharon Stewart</b>
	<b>9:45 – 10:45a</b>	<b>Prenatal Yoga (1/16 – 2/20 – 6 wks)</b>	<b>Emmi Chapdelaine</b>
	<b>10:00 – 2:00p</b>	<b>Your Heavenly Future (January 9)</b>	<b>Fabienne Valdes</b>
	<b>11:00 – 4:00p</b>	<b>Advanced Reflexology (February 6)</b>	<b>Susan Blackstone</b>
	<b>11:00 – 2:00p</b>	<b>Beginner’s Reflexology (January 23)</b>	<b>Susan Blackstone</b>
<b>Sunday</b>	<b>7:30 – 8:30</b>	<b>Cycle with Jacques</b>	<b>Jacques Hebert</b>
	<b>8:30 - 9:45</b>	<b>WE Cycle and Sculpt</b>	<b>Sharon Stewart</b>

\*Cycle Classes are payable month by month (Arrangements may be made to pay more than one month at a time).

\*Prepayment schedule is as follows for all on-site fitness classes (excludes Tae Kwon Do):

**Unlimited # of weekly classes - \$60/month (payable on or before the 1<sup>st</sup> of every month)**

**2 classes/week = \$4/class or \$8/week      3 classes/week = \$3/class or \$9/week**

**Walk-ins and those not prepaying by the 1st of every month = \$6/class**