



We're NOT your typical health & fitness center!

BECOMING CENTER CLASS SCHEDULE WINTER 2010



Bonus Week: 12/28/09 - 1/2/10

Session: 1/4/10 - 3/27/10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
\$115 for 12 Week session 2x/wk			AQUATICS			
Advanced Arthritis	11:00 - 11:45 am		11:00 - 11:45 am		11:00 - 11:45 am	
Arthritis Basics	1:00 - 1:45 pm 2:00 - 2:45 pm		1:00 - 1:45 pm 2:00 - 2:45 pm		1:00 - 1:45 pm 2:00 - 2:45 pm	
H2O Aerobics	5:45 - 6:45pm	8:00 - 8:45 am 9:45 - 10:30am 5:00 - 5:50 pm	5:45 - 6:45pm	8:00 - 8:45 am 9:45 - 10:30am 5:00 - 5:50 pm		
Gentle Waves	6:45 - 7:30pm			6:50 - 7:35pm		
Saturday Surprise						9:00 - 9:50 am
Water Tai Chi/ Ai Chi		8:50 - 9:35 am 6:00 - 6:50pm		8:50 - 9:35am		
\$120 for 12 Week session 1x/wk			YOGA			
Yoga Level I		7:45 - 8:45am 6:00 - 7:00pm		7:45 - 8:45 am		
Yoga Level II		7:00 - 8:00pm		9:00 - 10:00am 6:00 - 7:00 pm		
Yoga Level III	6:30 - 7:30 pm	9:00 - 10:00 am	7:45 - 8:45 am 6:30 - 7:30 pm	7:00 - 8:00 pm		
\$120 for 12 Week session 1x/wk			Tai Chi			
Tai Chi Level I		11:15 - 12:15pm		11:00 - 12:00pm		
Tai Chi Level II		12:30 - 1:30		1:30 - 2:30 pm		
\$115 for 12 Week session 2x/wk			LAND EXERCISE CLASSES			
Stay F.I.T.	9:30 - 10:15 am		9:30 - 10:15 am		9:30 - 10:15 am	
Muscular Strength & ROM ** SS	10:20 - 11:05 am		4:00 - 4:45 pm		8:00 - 8:45 am	
Yoga Stretch **SS			10:15 - 11:00 am	3:15 - 3:55 pm		
Cardio Circuit **SS	8 - 8:45am			2:30 - 3:15pm		
Muscle Challenge	5:30 - 6:30 pm		5:00 - 5:50 pm			
Butts & Gutts	8:45 - 9:30am				8:45 - 9:30	
Abs Class			9:00 - 9:30 am			
Pilates		10:00 - 11:00am 5:00 - 5:45pm		10:00 - 11:00 am		
Meditation Class			1:15 - 1:45 pm Yoga Room	10 - 10:30 am Board Room		

**** SS SilverSneakers ® Program Class**