

ADULT 2016 WINTER EXERCISE PROGRAMS

<u>Class</u>	<u>Days</u>	<u>Place</u>	<u>Time</u>	<u>Fee</u>
<u>Aerobics</u> -	Mondays & Wednesdays, 2x week	Defino School	7:30p-8:30p	\$88 session
<u>Pilates</u> -	Mondays & Wednesdays, 2x week	Defino School	6:30p-7:30p	\$88 session
<u>Zumba</u> -	Tuesdays & Thursdays, 2x week	Recreation Ctr.	7:45p-8:45p	\$88 session
<u>Cardio Kick</u>	Tuesdays & Thursdays, 2x week	Recreation Ctr.	11:30a-12:30p	\$88 session
<u>Boot Camp</u> -	Mondays & Wednesdays, 2x week	Recreation Ctr.	9:30a-10:30a	\$88 session
<u>Body Sculpting</u>	Tuesdays & Thursdays, 2x week	Recreation Ctr.	6:00p-7:00p	\$88 session
<u>Yoga</u> -	Tuesdays or Thursdays	Recreation Ctr.	6:00p-7:15p	\$65 session