

## Fitness Center Membership Fees and Group Exercise Class Schedule

### Membership Fees

New memberships will be charged a one time \$15 administrative fee.

	Quarterly	Bi-Annual	Annual
Machines/Cardio Equipment	\$40	\$80	\$160
Group Exercise	\$40	\$80	\$160
Combo	\$70	\$140	\$280
Senior Combo	\$40	\$80	\$160

### Group Exercise Class Schedule

Classes are subject to change per management discretion

Classes	Mon	Tues	Wed	Thurs	Fri	Sat
Yoga	5:00pm					
Zumba	6:15pm					9:30am
Aerobics - Step n Tone Aerobics - Toning & Abs		5:30am		5:30am		
Kickboxing		6:15pm- 7:15pm				
Abs Workout		7:15pm- 7:30pm				
Balls/Weights/ Rebounding			6:00pm			
Tai Chi			7:15pm			
Zumba - 45 min. class followed by 30 min muscle toning/body sculpting				6:15pm		

