

Winter Paid PROGRAMS for Adults!

Updated 1/22/2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:15am Aquacise*	7:00am Kinesis	11:30am Love Your Legs Begins 2/2	11:15 am Aquacise*	9:30am Kinesis	9:45am TRX Group Training Begins 2/5
4:30pm Pilates*	10:00am All About ABS	12:30pm Chair Yoga*	11:30am Awesome Arms	10:45am Real Boxing Real Results	11:00am Real Boxing Real Results
7:00pm Kinesis	11:15am Aquacise*	6:45pm Pilates*	4:30pm Total Body Workout	10:15am Yoga*	
7:30pm Aquacise*	7:30pm Aquacise*	7:45pm Beginner Belly Dancing	6:00pm TRX Group Training Begins 2/1	11:15pm Aquacise*	Sunday
8:00 pm Fast/Fit/Fun Boot Camp	7:30pm TRX Group Training Begins 2/1	8:00 pm Fast/Fit/Fun Boot Camp	6:00pm Kinesis	6:00pm Kickboxing*	10:00am All About ABs
	8:30pm Triathlon Swim Clinic		6:45pm Glide & Ride	7:00 pm Beginner Pole Dance Begins 1/28	10:30am Butt Blaster
			7:15 pm All About ABS		11:30am Step Class*
			7:30pm Aquacise*		

See a Program you want to Try? Maybe it has already Begun? Or you can't make All of the classes? Pay a Program Drop in fee And join in! This is a great Way to try out a new Program!



FUN Nights
Grades 1 thru 7
1/29 + 2/11 + 2/29
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Indoor Triathlon
Sunday January 30th
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Anniversary Party
March 5th

Please see Program Flyers for start dates, times and costs or log onto: www.Spa23.com
*These programs are FREE to members--no registration required