




# Winter Paid PROGRAMS for Adults!

Updated 12/13/2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>11:15am</b> Aquacise*</p> <p><b>4:30pm</b> Pilates*</p> <p><b>7:30pm</b> Aquacise*</p> <p><b>8:00 pm</b> RESULTS! Boot Camp</p>	<p><b>11:15am</b> Aquacise*</p> <p><b>7:30pm</b> Aqua Zumba*</p> 	<p><b>7:00am</b> Group Kinesis</p> <p><b>New Time!</b> <b>8:30am</b> Real Boxing Real Results</p> <p><b>6:45pm</b> Pilates*</p> <p><b>8:00 pm</b> RESULTS! Boot Camp</p>	<p><b>11:15 am</b> Aqua Zumba*</p> <p><b>4:30pm</b> Total Body Workout*</p> <p><b>7:00pm</b> Glide &amp; Ride</p> <p><b>7:15 pm</b> All About ABS</p> <p><b>7:30pm</b> Aquacise*</p> <p><b>8:00pm</b> Beginner Belly Dance</p>	<p><b>10:30am</b> Yoga*</p> <p><b>11:15pm</b> Aquacise*</p> <p><b>4:55pm</b> RESULTS! Boot Camp</p> <p><b>6:00pm</b> Kickboxing*</p> 	<p><b>7:00am</b> Real Boxing Real Results</p> <p><b>11:00 am</b> RESULTS! Boot Camp</p> <p><b>11:40am</b> Zumba</p> <p><b>Sunday</b></p> <p><b>10:00am</b> All About ABS</p> <p><b>11:30am</b> Step Class*</p>

**Programs begin  
the week of  
January 15th  
Register now!**

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!



**Spa23**  
Health & Racquet Club

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**Upcoming  
Fun Nights**  
For kids

**January 7**  
**January 14**  
**February 4**  
**February 25**