

Weekly Youth Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids Dance 6:00-8:00pm Kids Tennis 5:30pm ages 4-8 6:00pm ages 8-14 6:30pm ages 13-18 Physical Fitness 6:00pm	Karate 6:15pm Ages 6-12 7:00pm Ages 13 and up	Kids Tennis 5:30pm ages 4-8 6:00pm ages 8-14 6:30pm ages 13-18	Kids Yoga 4:30pm Kids Tennis 5:30pm Ages 9-14 Karate 6:15pm Ages 6-12 7:00pm Ages 13 and up	Cheerleading 6:00pm Ages 5-8 7:00pm Ages 9 & up	Physical Fitness 12:00pm

Weekly Adult Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickleball 6am-12:30pm Senior Exercise 9:00-10:00am Water Aerobics 9:15-10:15am Fit Forever 10:30-11:30am Tai Chi 12:45-2:15pm Physical Fitness 6:00-7:00pm	Pickleball 6am-12:30pm Solar Flow Yoga 8:30-9:45am Tai Chi 10:00-11:30am Silver Sneakers 11:45am-12:30pm Enhance Fitness 2:00-3:00pm Low Impact Dumbbell Workout 6:00-7:00pm Tennis 6:30-7:30PM Karate 7:00-8:00pm	Pickleball 6am-12:30pm Senior Exercise 9:00am-10:00am Water Aerobics 9:15-10:15am Tai Chi 10:00-11:30am Para-Pickleball 11am-12:30pm Tai Chi 5:30pm-7:30pm	Pickleball 6am-12:30pm Fit Forever 10:30-11:30am Silver Sneakers 11:45-12:45pm Enhance Fitness 2:00pm-3:00pm Adult Self Defense 4:00-5:00pm Karate 7:00-8:00pm	Pickleball 6am-12:30pm Senior Exercise 9:00-10:00am Water Aerobics 9:15-10:15am Solar Flow Yoga 10:45am-12:00pm	Enhance Fitness 11:00-12:00pm Physical Fitness 12:00-1:00pm

KIDS DANCE:
\$7 PER CLASS

KARATE:
\$35 MONTHLY MEMBERS
\$45 MONTHLY NON-MEMBERS

TENNIS:
\$10 PER CLASS

CHEERLEADING:
\$7 PER CLASS

KIDS YOGA:
\$7 PER CLASS

ADULT SELF DEFENSE
\$7 PER CLASS

PICKLEBALL:
MEMBERS FREE
\$3 ALL OTHERS

SENIOR EXERCISE
FREE TO MEMBERS
\$2 ALL OTHERS

TAI CHI
\$20 MONTHLY MEMBERS
\$30 MONTHLY NON-MEMBERS

SOLAR FLOW YOGA
\$3 PER CLASS

SILVER SNEAKERS
MEMBERS FREE \$3 NON-MEMBERS

FIT FOREVER
\$3 PER CLASS

WATER AEROBICS
\$3 PER CLASS OR \$25 PER MONTH

ENHANCE FITNESS
FREE FOR EVERYONE