

2010 Spring Fitness Classes

Class	Instructor	Day	Time	Start Date	Location
Zumba Fitness	L. Wecker	M/Th	6:30 - 7:30 pm	In Session	CCCC -West Gym
Step Aerobics	K. Edgington	M/Tu/Th	5:30 - 6:30 PM	In Session	CCCC -West Gym
Mix It Up	K. Edgington	M/T/W/Th	12:15 - 12:45 PM	In Session	CCCC -West Gym
Pilates	B. Bown	T/Th	10:00 - 11:30 am	In Session	Meeting Rooms
Yoga	L. Jay	Tu/Th	6:30-7:30 PM	In Session	Meeting Rooms
Full Circle Family Martial Arts	T. Hayes	Th	3:30 - 8:30 pm	In Session	Youth Center - 14th & King St
Aikido	S. Jones	T	6:00 - 8:00 PM	In Session	Youth Center - 14th & King St
SilverSneakers - Muscular Strength & Range of Movement	S. Flohr/B. Bown	Tu/Th	9:00 - 10:00 AM	In Session	Meeting Rooms
Stretch Class	S. Flohr	M/W/Fr	9:00 - 10:00 AM	In Session	Meeting Rooms

Classes are FREE with membership

Non-Members: \$5 Drop In Fee or \$40 Monthly Class Pass