



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST END SPRING FACILITY HOURS

FACILITY HOURS

Facility Guidelines: 7 and under must be with a parent, youth must be 12 years or older to supervise children over the age of 8.

Wellness Center: Youth 12-15 years of age are required to complete a Fitness Certification.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN	5:00am	5:00am	5:00am	5:00am	5:00am	7:30am	10:00am
CLOSE	8:30pm	8:30pm	8:30pm	8:30pm	7:30pm	4:00pm	4:00pm

CHILD WATCH

Ages 6 weeks to 7 years (Reservations for non-walkers)

Child Watch will close if no children are present 30 minutes prior to scheduled closing time

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN	9:00am	9:00am	9:00am	9:00am	9:00am	9:00am	Closed
CLOSE	12:30pm	12:30pm	12:30pm	12:30pm	12:30pm	11:00am	
OPEN	5:30pm	5:30pm	5:30pm	5:30pm			
CLOSE	7:30pm	7:30pm	7:30pm	7:30pm			

SAUNA Ages 18 and up.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN	7:00am	7:00am	6:00am	7:00am	7:00am	8:30am	11:00am
CLOSE	7:30pm	7:30pm	7:30pm	7:30pm	6:30pm	3:00pm	3:00pm

BOULDERING ROOM

4 and under must be with a parent, youth must be 12 years or older to supervise children over the age of 8. Socks must be worn at all times.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN	5:30pm	5:30pm	5:30pm	5:30pm	5:30pm	9:00am	11:00am
CLOSE	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	11:00am	1:00pm

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35 - 6:35am Strong Bodies Julianne	5:35 - 6:35am Spin /Core Julianne	5:35 - 6:35am Morning Yoga Julianne		8:15 - 9:15am Strong Bodies Donna	10:30-11:30am Strength and Endurance Katie
8 - 9am Yogalates Helen	8 - 9am Strong Bodies Helen	8 - 8:50pm Circuit 6 Donna	8 - 8:40am Modified Strong Bodies Yvonne	9 -10am Morning Yoga Jaylyn	9:20 - 10:20am Zumba Sarah	11:40-12:30pm Spin Instructor Varies
10 - 11am Enhance Rachel *Must register	9:05 - 9:55am Yogalates Helen		8:50 -9:20am Express Spin Yvonne	10 - 11am Enhance Rachel *Must register		
	10 -11am Zumba Gold Jonelle	10 - 11am Enhance Rachel *Must register	10 - 11am Zumba Gold Jonelle			
	6:00-6:50pm Strong Bodies Donna	6:00-6:45pm Core Strength Stacy	6 - 6:50pm Circuit 6 Donna			
	7 - 7:50pm Zumba Sarah		7 - 7:50pm `Cize Jessica			

Ages 12 years and up are welcome to participate in any of our group exercise classes.

GROUP EXERCISE CLASS FEE:

Members: Free
General Public: \$7.00
Punch Card: \$35.00 for 6 visits

Note: Classes may be cancelled due to low participation, please check with the front desk for current schedule.

**Effective until
May 29, 2016**

Spin/Core – 60 minute class - This indoor cycling class is tailored for the beginner, intermediate and advanced levels with segments of hill climbs, jumps, flat roads, sprints or intervals with music. 60 minute spin/core classes include 15-20 minutes of "core" work (abs, lower back and glutes) in various styles of pilates, floor, balls, or weights.

Strength and Endurance - 60 minute class - Strength training is an important aspect of overall well being. Get a great total body workout while increasing muscular strength and endurance.

Strong Bodies – 50-60 minute class - This class is weightlifting to music for a total body workout. You will be utilizing a barbell with adjustable weights; great for men and women.

Yogalates – 60 minute class - This class combines moves from Yoga and Pilates for the perfect combination of toning, flexibility and stress reduction.

Zumba /Zumba Gold – 45-60 minute class - A fusion of Latin American and international dance. Routines feature aerobic and interval training that tone and sculpt. Zumba Gold is low impact Zumba easier on joints and slower in pace.

`Cize – 50 minute class - This class is so much fun, it will be easy to forget it's exercise. In each routine, our instructor will break down challenging dance moves step-by-step, and builds them into a full routine in about. You don't have to have a dance background to master these moves, practice, and dedication that will torch fat and calories. It's all choreographed to great music to keep everyone energized and moving.

Power Yoga - 60 minute class - Class includes flowing from one pose to the next to reap huge benefits from practice.

Circuit 60-50 minute class - Challenge yourself one minute at a time with this fast paced cardio class.

Core Strength – 45 minute class - Increases core stability and improves flexibility and balance. Stability ball & weights may be used.

PiYo – 60 minute class - This fat-burning, low-impact class combines the muscle-sculpting benefits of Pilates with the strength and flexibility of yoga. The pace is faster than a traditional Pilates or yoga class.