



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WEST END EARLY FALL 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
<b>OPEN</b>	5:00am	5:00am	5:00am	5:00am	5:00am	7:30am	10:00am
<b>CLOSE</b>	8:00pm	8:00pm	8:00pm	8:00pm	7:00pm	3:00pm	2:00pm

## 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
<b>OPEN</b>	9:00am	9:00am	9:00am	9:00am	9:00am	9:00am	Closed
<b>CLOSE</b>	12:30pm	12:30pm	12:30pm	12:30pm	12:30pm	11:00am	
<b>OPEN</b>	5:30pm	5:30pm	5:30pm	5:30pm			
<b>CLOSE</b>	7:30pm	7:30pm	7:30pm	7:30pm			

## SAUNA Ages 18 and up.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>OPEN</b>	7:00am	7:00am	6:00am	7:00am	Closed	Closed	10:30am
<b>CLOSE</b>	7:30pm	7:30pm	7:30pm	7:30pm			1:30pm

## 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
<b>OPEN</b>	5:30pm	5:30pm	5:30pm	5:30pm	5:30pm	9:00am	Closed
<b>CLOSE</b>	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	11:00am	

# GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35 - 6:35am <b>Strong Bodies</b> Julianne	5:35 - 6:35am <b>Spin /Core</b> Julianne	5:35 - 6:35am <b>Morning Yoga</b> Julianne		8:15 - 9:15am <b>Strong Bodies</b> Donna	10:30-11:30am <b>Strength and Endurance</b> Katie
8 - 9am <b>Yogalates</b> Helen	8 - 9am <b>Strong Bodies</b> Helen	8 - 8:50am <b>Circuit 6</b> Donna	8 - 9am <b>Strong Bodies</b> Yvonne	9 -10am <b>Morning Yoga</b> Jaylyn	9:30-10:30am Prenatal Yoga Kristen *Must register	
9-9:45am <b>Spin</b>	9:05 - 9:55am <b>Yogalates</b> Helen			10 - 11am <b>Enhance</b> Rachel *Must register	10:30-11:30am Youth Dance *Must register	
10 - 11am <b>Enhance</b> Rachel *Must register	10 -11am <b>Zumba Gold</b> Jonelle	10 - 11am <b>Enhance</b> Rachel *Must register	10 - 11am <b>Zumba Gold</b> Jonelle	Ages 12 years and up are welcome to participate in any of our group exercise classes.		
5:45-6:45pm Intro to Yoga Helen/Kristen *Must register	6:00-6:50pm <b>Strong Bodies</b> Donna	6-6:50pm <b>PiYo</b> Kristen	6 - 6:50pm <b>Circuit 6</b> Donna	<b>GROUP EXERCISE CLASS FEE:</b> Members: Free General Public: \$7.00 Punch Card: \$35.00 for 6 visits		
7 - 7:45pm <b>Zumba</b> Sarah		7-7:50pm <b>`Cize</b> Jessica		Note: Classes may be cancelled due to low participation, please check with the front desk for current schedule.		

**Effective until  
Sept 19 - Oct 30, 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.