



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST END 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 | 3:30pm | 3:30pm |

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 | 7:30am | 7:30am | 7:30am | 7:30am | Closed | 8:30am | 10:30am |
| CLOSE | 8:00pm | 8:00pm | 8:00pm | 8:00pm | | 2:30pm | 2:30pm |

Adventure Zone

4 and under must be with a parent, youth 5-7 must be signed in and out, youth must be 12 years or older to supervise children over the age of 8. Youth must have direct supervision outside of the open hours.
Socks must be worn at all times.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------|--------|---------|-----------|----------|--------|----------|--------|
| OPEN | 5:30pm | 5:30pm | 5:30pm | 5:30pm | Closed | Closed | Closed |
| CLOSE | 7:30pm | 7:30pm | 7:30pm | 7:30pm | | | |

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 - 9am Strong Bodies Yvonne | 9 -10am Morning Yoga Jaylyn | 9:30-10:30am Prenatal Yoga Kristen *Must register | |
| 9-9:45am Spin Varies | 9:05 - 9:55am Yogalates Helen | | | 10 - 11am Enhance Rachel *Must register | 10:30-11:30am Youth Dance *Must register | |
| 10 - 11am Enhance Rachel *Must register | 10 -11am Zumba Gold Jonelle | 10 - 11am Enhance Rachel *Must register | 10 - 11am Zumba Gold Jonelle | <p>Ages 12 years and up are welcome to participate in any of our group exercise classes.</p> <p>GROUP EXERCISE CLASS FEE: Members: Free General Public: \$8.00 Punch Card: \$80.00 for 11 visits</p> <p>Note: Classes may be cancelled due to low participation, please check with the front desk for current schedule.</p> <p>Effective until October 3 - December 31, 2016</p> | | |
| 5:45-6:45pm Intro to Yoga Helen/Kristen *Must register | 6:00-6:50pm Strong Bodies Donna | 6-6:50pm PiYo Kristen | 6 - 6:50pm Circuit 6 Donna | | | |
| 7 - 7:45pm Zumba Sarah | | 7-7:50pm `Cize Jessica | | | | |

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.