



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

WEST END WINTER 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

KIDZ ZONE

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

Kidz Zone will close if no children are present 30 minutes prior to scheduled closing time

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN	9:00am	9:30am	9:00am	9:30am	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	8:00am	7:00am	8:00am	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	5:30am	5:30am	5:30am	5:30am	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
	5:45 - 6:45am Strong Bodies Julianne	5:45 - 6:45am Spin Circuit Julianne	5:45 - 6:45am Strong Bodies Julianne	9 - 9:50am Beginning Yoga Brianna	8:15 - 9:15am Strong Bodies Donna	
8 - 9am Yogalates Helen	8 - 9am Strong Bodies Yvonne	8 - 9am Spin/Core Yvonne	8 - 9am Strong Bodies Helen	10:15 - 11:15am Strength Circuit Katie	9:20 - 10:05am Spin Jamie	10:30 - 11:30am Strength Circuit Katie
10 - 11am Enhance Fitness *Must Register	4:50 - 5:50pm Strong Bodies Helen	10 - 11am Enhance Fitness *Must Register	9:05 - 10am Yogalates Helen	5 - 6pm Strength Circuit Emilee	10:15 - 12pm Dance Classes *Must Register	12 - 12:45pm PIYO Kristen
5:30 - 6:30pm Small Group Personal Training * Must Register	6 - 6:50pm Strong Bodies Donna	6 - 7pm Small Group Personal Training * Must Register	10:10 - 11:10am Core Strength & Stability Kristen	<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: \$7.00 Punch Card: \$35.00 for 6 visits</p> <p>Note: Classes may be cancelled due to low participation, please check with the front desk for current schedule.</p>		
6:35 - 7:30pm Beginning Yoga Brianna	7 - 7:45pm Just Dance Kari	7 - 7:30pm Express Spin Amy	6 - 6:50pm Strong Bodies Donna			
			7 - 7:50pm Turbo Kick Jessica			

**Effective
January 2 - February 28**

GROUP EXERCISE DESCRIPTIONS

Express Spin - 30 minute class

This indoor cycling class is tailored for participants at Beginning and Intermediate levels.

Just Dance - 45 minute class

Hip hop, latin, international dance movements will be used to increase heart rate and help you forget you are exercising!

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 Circuit - 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.