



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
<b>OPEN</b>	5:00am	5:00am	5:00am	5:00am	5:00am	7:30am	10:00am
<b>CLOSE</b>	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
<b>OPEN</b>	9:00am	9:30am	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	8:00am	7:00am	8:00am	7:00am	8:30am	11:00am
<b>CLOSE</b>	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
<b>OPEN</b>	5:30pm	5:30am	5:30am	5:30am	5:30am	9:00am	11:00am
<b>CLOSE</b>	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	11:00am	1:00pm

# GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:45 - 7:45am <b>Zumba Gold</b> Jonelle	5:45 - 6:45am <b>Strong Bodies</b> Julianne	5:45 - 6:45am <b>Spin Circuit</b> Julianne			8:15 - 9:15am <b>Strong Bodies</b> Donna	
8 - 9am <b>Yogalates</b> Helen	8 - 9am <b>Strong Bodies</b> Yvonne	8 - 9am <b>Spin/Core</b> Yvonne	8 - 9am <b>Strong Bodies</b> Helen	9 - 9:50am <b>Beginning Yoga</b> Brianna	9:20 - 10:05am <b>Spin</b> Jamie	10:30-11:30am <b>Strength Circuit</b> Katie
10 - 11am <b>Enhance Fitness</b> *Must Register	10 - 11am <b>Zumba Gold</b> Jonelle	10 - 11am <b>Enhance Fitness</b> *Must Register	9:05 - 10am <b>Yogalates</b> Helen	10:30 - 11:30am <b>Strength Circuit</b> Katie	10:15 - 12pm <b>Dance Classes</b> *Must Register	12 - 12:45pm <b>PIYO</b> Kristen
5:30 - 6:30pm <b>Small group personal training</b> *Must Register	4:45-5:45pm <b>Strong Bodies</b> Helen	5:30 - 6:30pm <b>Small group personal training</b> *Must Register	10:10 - 11:10am <b>Core Strength and Stability</b> Kristen	<p>Ages 12 years and up are welcome to participate in any of our group exercise classes.</p> <p><b>GROUP EXERCISE CLASS FEE:</b>                      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 <b>Beginning Yoga</b> Brianna	6 - 6:50pm <b>Strong Bodies</b> Donna	6:20-6:50 PM <b>Express Spin</b> Kari	6 - 6:50pm <b>Strong Bodies</b> Donna			
		7 - 7:30pm <b>Express Spin</b> Amy	7-7:50 PM <b>Turbo Kick</b> Jessica			

**Effective  
March 20 - June 1**

## 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.

### 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.