



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WEST END 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
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	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	5:30pm	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
8 - 9am Yogalates Helen	5:45 - 6:45am Strong Bodies Julianne	5:45 - 6:45am Spin /Core Julianne	5:45 - 6:45am Morning Yoga Julianne	9 - 10am Enhance Rachel *Must register	8:15 - 9:15am Strong Bodies Donna	10:30-11:30am Strength Circuit Katie
9 - 10am Enhance Jonelle *Must register	8 - 9am Strong Bodies Abby/Yvonne	8 - 8:45am Spin Yvonne	8 - 9am Strong Bodies Helen	9 - 10am Power Yoga Connie	9:20 - 10:20am Fitness Mix Varies	12 - 1pm PiYo Kristen
10 - 11am Enhance Jonelle *Must register	10 - 11am Zumba Gold Jonelle	9 - 10am Enhance Rachel *Must register	9:05 - 10am Yogalates Helen	10 - 11am Enhance Rachel *Must register		1 - 2pm Prenatal Yoga Kristen *Must register
5:45-6:45pm Beginning Yoga Helen *Must Register	6:00-6:50pm Strong Bodies Donna	10 - 11am Enhance Rachel *Must register	10 - 11am Zumba Gold Jonelle			
7 - 8pm Power Yoga Connie	7 - 7:50pm Zumba Sarah	5 - 5:50pm PiYo Jennifer	6 - 6:50pm Strong Bodies Donna			
		6 - 6:45pm Spin Amy	7 - 7:50pm 'Cize Jessica			
		6:45-7:30pm Core Strength Stacy				

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

October 1 - December 31

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.

'Cize – 50 minute class - This program 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 35-40 minutes. Mastering the moves requires hard work, practice, and dedication that will torch fat and calories. It's all choreographed to great music to keep everyone energized and moving.

Yoga - 60 minute class - Various styles of yoga that focus on breathing and posture along with a series of poses to restore the body to a more healthful state. Gentle yoga is a slower pace. Chair Yoga allows participants a slower pace and help with a chair for stability and seated options for easier options, which is great for older populations.

Pilates – 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.