



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER WEST END FACILITY HOURS

FACILITY

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	8:00am	10:00am
CLOSE	8:30pm	8:30pm	8:30pm	8:30pm	8:00pm	4:00pm	4:00pm

KIDZ ZONE

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN	9:00am	9:00am	9:00am	9:00am	9:00am	Closed	Closed
CLOSE	12:00pm	12:00pm	12:00pm	12:00pm	12:00pm	Closed	Closed
OPEN	5:30pm	Closed	Closed	Closed	Closed	Closed	Closed
CLOSE	7:30pm	Closed	Closed	Closed	Closed	Closed	Closed

WINTER GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 - 6:45am Spin Circuit Julianne		5:45 - 6:45am Strong Bodies Julianne			Intro Clinics 1st Sunday of each month
8:00- 8:45am Pilates Kristen *Starts Jan 2	8:00 - 9:00am Strong Bodies Stacy	8:00 - 9:00am Spin/Pilates Stacy	8:00- 9:00am Strong Bodies Abby		8:15 - 9:15am Strong Bodies Donna	
5:00 - 6:00pm Kids Karate *Must Register		5:00 - 6:00pm Kids Karate *Must Register			9:15 - 10:15am Zumba Alesia	
6:05 - 7:00pm Zumba Angela	6 - 7:00pm Strong Bodies Donna	6:15 - 7:00pm Spin Amy	6:00 - 7:00pm Strong Bodies Donna		10:30- 12:45 Youth Dance *Must Register	
7:05 - 7:50pm Spin Amy	7:05 - 8:00pm Turbo Kick Jessica	7:05 - 8:00pm Hustle Jessica	7:05 - 8:00pm Turbo Kick Jessica			

Hours in effect: December 7, 2011

GROUP EXERCISE DESCRIPTIONS

Hustle – 60 minute class

Hustle™ is a combination of easy to learn dance moves perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge! Hustle™ requires no previous dance experience.

Pilates – 60 minute class

This class will increase strength without bulk, improve flexibility and balance and increase core stability. To add variety, the stability ball and light weights will be used.

Spin – 60 minute class

This indoor cycling class is tailored for beginner, intermediate and advanced levels.

Spin Circuit – 60 minute class

Indoor cycling combined with sets of cardio boxing and toning. This class has it all; cardio, strength and flexibility exercises.

Strong Bodies – 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.

Turbo Kick

Energized and fun cardio class filled with punches and kicks to get the heart rate up and the body toned.

Yogalates – 30 minute class

This class combines moves from Yoga and Pilates for the perfect combination of toning, flexibility and stress reduction.

Zumba – 60 minute class

A fusion of Latin American and international dance. Routines feature aerobic and interval training that tone and sculpt.