

**Fitness Schedule Fitness Studio-Top Floor (For women only)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:30 TBW		9:30 TBW Cardio Combo		9:30 TBW	☯ 9:00 <b>Tai Chi Course.</b>
						10:15 TBW
					11:15 IRON YOGA (Yoga Room)	<b>11:30 Zumba®</b>
6:30 TBW	6:30 YOGA (Yoga Room)	6:30 TBW	6:30 Zumba® gold	<p><b><u>FITNESS PRICE LIST</u></b></p> <ul style="list-style-type: none"> <li>• <b><u>First Total Body Workout Class is FREE</u></b></li> <li>• <b>Single Class..... \$15</b></li> <li>• <b>TBW Five Classes..... \$60</b></li> <li>• <b>TBW Five Weeks Unlimited....\$100</b></li> </ul> <p>All classes listed in the Fitness Schedule <b>are included</b> in the TBW Series except for Tai Chi &amp; Pilates</p> <p><b>Tai Chi or Pilates Five Classes..... \$60</b></p>		
	<b>6:30 Gentle YOGA Course (Fitness Room)</b>					
7:45 Zumba® gold						
	8:00 TBW	<b>8:00 Pilates Course</b>	8:00 YOGA (Yoga Room)			

**Courses and Workshops not included.  
All Class Series & Courses have an expiration date**

**YOGA Schedule Yoga Studio-First 2<sup>nd</sup> fl (For men & women unless otherwise indicated)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7:45 YOGA	
	9:30 YOGA				9:30 YOGA INTERMEDIATE	9:30 YOGA
11:15 Iyengar YOGA			11:15 YOGA	11:15 YOGA (Women Only)	11:15 IRON YOGA (Yoga Room)	
		5:30 YOGA		<p><b><u>YOGA PRICE LIST</u></b></p> <ul style="list-style-type: none"> <li>• <b>First Yoga Class..... \$10</b></li> <li>• <b>Single Class..... \$15</b></li> <li>• <b>Five Class Series..... \$60</b></li> <li>• <b>Eight Classes Series..... \$95</b></li> <li>• <b>*ONE MONTH UNLIMITED..... \$110</b></li> </ul> <p>*Begins on the first of each month and ends on the last day of each month</p> <p><b>Courses and Workshops not included. All Class Series have an expiration date.</b></p>		
6:30 YOGA	6:30 YOGA		6:30 YOGA			
	<b>Gentle YOGA Begins: 10/13 (Fitness Room)</b>					
		7:15 YOGA INTERMEDIATE				
			8:00 YOGA			

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