

Kids 4 Life

Coordinated by Theresa Scott

An eight week intensive program for children from 6 to 10 years of age.

Please see the Front Desk for details



(6 0 9) 6 7 7 - L I F E

OCTOBER

Revised: Wednesday, October 15, 2008

Martial Arts Programs

Coordinated by Arnaldo Leggi

For children and adults who want to get in shape and learn a skill that will last forever.

FREE SESSION OCTOBER 1ST 6PM

Aerobic Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00AM - 10:00AM ExPress Workout Arnaldo Aerobics Studio	9:15AM - 10:15AM Cardio-Kickbox James Aerobics Studio	9:00AM - 10:00AM ExPress Workout Arnaldo Aerobics Studio	9:00AM - 10:00AM Cardio Boxing/Abs Arnaldo Aerobics Studio	8:00AM - 9:00AM Zumba Gold Lynn Aerobics Studio	8:30AM - 9:00AM Abs Lu Aerobics Studio	8:15AM - 8:45AM Abs Lu Aerobics Studio
9:15AM - 10:15AM Cardio/Sculpt/Abs Lu Aerobics Studio	11:00AM - 12:00PM Zumba Gold Lynn Aerobics Studio	10:45AM - 11:30AM Arthritis Land Lynn Aerobics Studio	5:00:PM - 6:00PM Muscle Works Tracie Aerobics Studio	9:00AM - 10:00AM Senior Fit Reine Aerobics Studio	9:00AM - 10:00AM Cardio/Sculpt Lu Aerobics Studio	8:45AM - 9:45AM Cardio/Sculpt Lu Aerobics Studio
10:15AM - 10:45AM Abs Lu Aerobics Studio	5:00PM - 5:30PM Sculpt w/Abs Bryan Aerobics Studio	11:30AM - 12:30PM Senior Cardio Light Lynn Aerobics Studio	6:00PM - 6:30PM Abs Tracie Aerobics Studio	11:00AM - 12:00PM Cardio/Sculpt Lu Aerobics Studio		
11:30AM - 12:30PM Senior Cardio Light Lynn Cycling Studio	5:30PM - 6:30PM Boot Camp Bryan Aerobics Studio	5:00PM - 5:30PM Abs Diane Aerobics Studio	6:30PM - 7:30PM Taekwondo James Cycling Studio	12:00AM-12:30PM Abs Class Lu Aerobics Studio		
6:00PM - 7:00PM Cardio Blast Diane Aerobics Studio	6:30PM - 7:30PM Zumba Kathleen Aerobics Studio	5:30PM - 6:30PM Core Step Rick Aerobics Studio		5:00PM - 6:30PM Boot Camp / Abs Bryan Aerobics Studio		
7:00PM - 7:30PM Abs Diane Aerobics Studio	7:30PM - 8:30PM Total Body Sculpt Kathleen Aerobics Studio	6:30PM - 7:30PM Muscle Works Rick Aerobics Studio		6:30PM - 8:00PM *Irish Dance Aerobics Studio		

**Irish Dancing is a childrens dance class. Please visit the Guest Services counter for fees and enrollment information.*

***Ballroom Dancing is a fee based program. Please see front desk for details.*

Cycling Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15PM - 6:45PM Power Spin Conrad Cycling Studio	6:00AM - 7:00AM Cycling/Sculpt Michelle Cycling Studio	9:30AM - 10:30AM Cycling Audrey Cycling Studio	6:00AM - 7:00AM Cycling/Sculpt Michelle Cycling Studio	9:15am-10:15am Cycling Angela Cycling Studio	9:00AM - 10:00AM Cycling Angela Cycling Studio	9:00am-10:30am Power Spin Conrad Cycling Studio
		6:15PM - 7:15PM Beginner's Cycling Chris Cycling Studio	5:30PM - 6:30PM Cycling Joey Cycling Studio	4:00pm-5:00pm *Irish Dance Cycling Studio		
				5:30PM - 6:30PM Cycling/Core Conrad Cycling Studio		

Hours of Operation

Mon - Fri 5am - 10pm
Sat - Sun 7am - 8pm

Pool Hours

Mon - Fri 8am - 8pm
Sat 8am-3pm / Sun 8am-12pm

Daycare Hours

Mon - Fri 8am - 8pm
Sat 8am - 3pm

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