



TENNIS ▪ FITNESS ▪ MULTISPORT

## FALL 2009 - Starts Sept. 8th! GROUP EXERCISE & SPIN CLASS SCHEDULE

*(ALL GROUP EXERCISE, SPIN & CLIMB WALL ARE INCLUDED IN MEMBERSHIP)*

M	T	W	TH	F	SA	SU
					LES MILLS BODYPUMP 8-9 A	
LES MILLS BODYPUMP 9:15-10:15 A SPIN 9:15-10:00 A	BOOT CAMP 9:15-10:15 A	SPIN 9:15-10:00 A	ZUMBA 9:15-10:15 A	BOOT CAMP 9:15-10:15 A SPIN 9:15-10:00 A	SPIN 9:15-10:00 A	
MAT PILATES 10:15-11:15 A	HATHA YOGA 10:15-11:15 A	LES MILLS BODYPUMP 10:15-11:15 A	MAT PILATES 10:15-11:15 A			
	CLIMB WALL 5-7 P	CLIMB WALL 5-7 P SPIN 6:00-6:45 P	CLIMB WALL 5-7 P			
ZUMBA 6-7 P KICKBOXING 6-6:45 P (Fee)	BOOT CAMP 6-7 P		LES MILLS BODYPUMP 6-7 P			
LES MILLS BODYPUMP 7:15-8:15 P	SPIN 7:15-8:00 P	MAT PILATES 7-8 P	SPIN 7:15-8:00 P		Note: CLIMB WALL Available for B-Day Parties/ Event Rentals	

CALL MEMBER SERVICES DESK @ 743-7676

**COMPLIMENTARY FITNESS MACHINES TRAINING SESSIONS**  
**and FEE-BASED PRIVATE TRAINING SESSIONS (SINGLE & SMALL GROUP)**

Babysitting hours: Monday-Friday, 9 AM - 3 PM and 5 - 8 PM;  
Saturday 8 AM - 12 NOON and Sunday 9 AM - 12 NOON

[www.sportandwellness.net](http://www.sportandwellness.net)