



Classes highlighted in yellow require registration.

Classes highlighted in blue require booking spot each week. All other classes are drop-in.

Adult Programs						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:45am	Kid Friendly Bootcamp Shaunna		Kid Friendly Total Body Shaping Sara	Barre & Pilates Series Shaunna		
11am-12pm		Yoga for Mobility With Mary Eliza	Silver Boots Yovanna	Silver Fit Yovana		
3:15-4pm	Pedal & Pump Angela		TRX Sarah			
6:05-7:05pm						
6:15-7pm				Pedal & Pump With Angela		
6:30-7:30pm			TRX & Rebounder Series Anne		"NEW" Shore Fly Mamas See dates below	
7:15-8:15pm		Yoga & Pilates Blend Shaunna				
7:35-8:35pm	"NEW" Level 1 Modern Line Dancing Yovana		Zumba Trina			
8:15-9:30pm			Drop-in Adult Basketball			

Adult fitness classes are drop-in only. Unless highlighted in yellow or

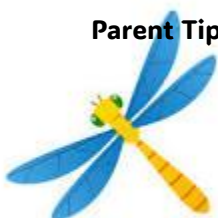
Drop-in rates: \$8.50 Adults, \$7.50 Seniors. Save and purchase a 10-visit pass; Adults \$75, Seniors \$65.

No Classes: Sept 30, Oct 13, Nov 11, Dec 19-Jan 2, Feb 16, Mar 16-20, Apr 3 & 6, May 15 & 18

Adult Fitness

Monday		
Kid Friendly Bootcamp Starts Sept 15- June 1 9am-9:45am	Led by: Shaunna Full body bootcamp using a variety of equipment. Area will be set up for kids to play. Kids are responsibility of parent.	Drop-in rate
Pedal & Pump Starts Oct 6-June 1 3:15pm-4pm	Led by: Angela Full body workout with spin for cardio. Please call to reserve bike.	Drop-in rate
Tuesday		
Yoga for Mobility 55+ Starts Sept 9- May 26 11am-12pm	Led by: Mary Eliza Senior yoga in a chair, great for people with mobility issues.	Drop-in rate
Yoga & Pilates Blend Starts Sept 16-May 26 7:15pm-8:15pm	Led by: Shaunna Great core & full body workout. All levels.	Drop-in rate
Wednesday		
Kid Friendly Total Body Shaping Starts Sept 10- May 27 9am-9:45am	Led by: Sara Full body workout using a variety of equipment. Area will be set up for kids to play. Kids are responsibility of parent	Drop-in rate
Silver Boots 50+ Starts Sept 10- May 27 11am-12pm	Led by: Yovana Senior Line dancing. While for seniors all ages welcomed.	Drop-in rate
TRX Starts Oct 8-May 28 3:15pm-4pm	Led by Sara Total resistance exercises using TRX suspension and participants body weight	Drop- in rate
Zumba Starts Sept 17-June 3 7:35pm-8:35pm	Led by: Trina Latin & international music inspired cardio workout.	Drop-in rate
TRX & Rebounder Oct 8-29 & Nov 5-26 6:30pm-7:30pm	Led by: Anne. Rebounder is a mini trampoline and low impact workout. Jumping is not only great for your core and legs but also to boost lymphatic circulation. TRX is good for all levels of fitness and was originally designed to train Navy seals. Excellent strength class.	\$34 For 4 weeks

Parent Tip: Need childcare? Check out our Fun Friday nights for the kids some workshops line up!



Adult Fitness

Thursday		
Barre, Pilates & Weights Series Oct 9-3 & Nov 6-27 9am-10am	Led by: Shaunna Great class to build strength, endurance and improve posture, core, stability and mobility.	\$34 for 4 weeks
Silver Fit 50+ Starts Sept 11-May 28 11am -12pm	Led by: Yovana Senior fitness class. Includes the five key elements of fitness: Cardio, strength, conditioning, balance & flexibility.	Drop-in rate
Pedal & Pump Starts Oct 2-May 28 6:15pm-7pm	Led by: Angela Full body workout with spin for cardio. Please call to reserve bike.	Drop-in rate

Adult Dance

Monday		
Modern Line Dancing Beginner Level 1 Sept 22-Dec 15. 7:30pm-8:30pm No Class Oct 13	Led by: Yovana A variety of rhythms including Latin, swing, country and more. No partner required. For dancers who are new to line dancing.	\$180

Adult Programs

Tuesday		
Adult Sewing Oct 7-Nov 18 No Class Nov 11 7pm -8:30pm Sewing machine provided	Led By Donna Gibbons Beginner Level Learn basic of sewing and how to use sewing machine. Group will make a reading pillow cover OR bow tie pillow cover.	\$170
Wednesday		
Drop-in Adult Basketball 18+ Oct 1-Nov 26 ½ gym 8:15pm -9:30pm	Please bring water bottle and indoor shoes.	\$8 Drop-in
Friday		
Parent & Child Christmas Ornaments Nov. 21 6:00pm -8pm. Canteen available	Fun night with your child to each create a Christmas ornament.	\$40 for 2 people
Coasters Workshop October 24 6:30pm-8pm Space is limited only 8	Led by: Nicole Bardsley Each workshop will make 4 coasters. Coasters with either option of Snowmen, red truck or winter themed.	\$35
All Occasion gift tags November 7 6:30pm-8pm	Led by: Nicole Bardsley Whatever you can make in 1.5 hours. Make 6-10 tags	\$20
Shore Fly Mamas Oct 3, Nov 7 & Dec 5 6:30pm-7:30pm	Led by: Claire Campbell First Friday of each month join Claire for a 90's styled hip hop dance class. All levels and everyone welcome.	Drop-in rate \$8.50