

FIT 100 Spring Classes by Time

Beg. Yoga	MW	8:00-8:50am	\$40
Core Strength	TTH	8:00-8:50am	\$40
Fit for Duty	MW	8:00-8:50am	\$45
Racquetball	TTH	8:00-9:30am	\$40**
Gentle Flow Yoga	TTH	8:00-9:30am	\$35*
Gentle Flow Yoga	TTH	8:00-9:30am	\$35**
Intro to Bouldering	MW	9:00-10:30am	\$180*
Beginning Yoga	MW	9:00-10:30am	\$35*
Intermediate Yoga	MW	9:00-10:30am	\$35**
Intermediate Bouldering	MW	9:00-10:30am	\$180**
Intermediate Bouldering	TTH	9:00-10:30am	\$180**
Fitness & Conditioning	MW	9:00-9:50am	\$45
Fitness & Conditioning	TTH	9:00-9:50am	\$45
Yoga and Meditation	F	9:00-10:30am	\$35
Abs & More	MW	9:10-10:00am	\$40
Gentle Flow Yoga	TTH	9:10-10:00am	\$35
Zumba	TTH	9:10-10:00am	\$35
Intermediate Golf	MW	9:30-11:00am	295*
Beg. Rock Climbing	TTH	9:35-11:05am	\$195*
Interm. Rock Climbing	TTH	9:35-11:05am	\$195**
Fitness & Conditioning	MW	10:00-10:50am	\$45
Fitness & Conditioning	TTH	10:00-10:50am	\$45
Total Body Conditioning	TTH	10:00-10:50am	\$40
Cardio Strength	MW	10:20-11:10am	\$40
Crossfit	MW	10:20-11:10am	\$100
Group FIT	MW	10:20-11:50am	\$45*
Group FIT Mind Body	MW	10:20-11:50am	\$45**
Beg. Yoga	TTH	10:30-11:20am	\$35
Gentle Flow Yoga	F	10:45-12:15pm	\$35
Beg. Rock Climbing	MW	11:00-12:30pm	\$195*
Interm. Rock Climbing	MW	11:00-12:30pm	\$195**
Fitness & Conditioning	MW	11:00-11:50am	\$45
Fitness & Conditioning	TTH	11:00-11:50am	\$45

Intro to Golf	MW	12:30-2:00pm	\$295*
Beg. Rock Climbing	MW	1:00-2:30pm	\$195*
Interm. Rock Climbing	MW	1:00-2:30pm	\$195**
Gentle Flow Yoga	T	1:00-2:30pm	\$35
Cardio Yoga	TH	1:00-2:30pm	\$35
Crossfit 2	MW	1:10-2:00pm	\$100
Fitness & Conditioning	MW	1:10-2:00pm	\$45
Sports Conditioning	TTH	1:10-2:00pm	\$45
Hot Yoga	TTH	1:30-3:00pm	\$55*
Hot Yoga	TTH	1:30-3:00pm	\$55**
Intermediate Flow Yoga	MW	1:40-2:30pm	\$35
Strength Training Program Design	MW	2:00-2:50pm	\$45
Strength Training Program Design	TTH	2:00-2:50pm	\$45
Body Sculpt	MW	2:10-3:00pm	\$40
Intermediate Yoga	MW	2:10-3:00pm	\$35
Pilates	TTH	2:40-3:30pm	\$40
Power Yoga	W	3:00-4:30pm	\$35
Group FIT Mind Body	MW	3:30-5:00pm	\$45*
Group FIT	MW	3:30-5:00pm	\$45**
Body Sculpt	TTH	3:50-4:40pm	\$40
Zumba	MW	4:10-5:00pm	\$35
Zumba	TTH	4:10-5:00pm	\$35
Gentle Flow Yoga	MW	6:00-7:30pm	\$35*
Intermediate Flow Yoga	MW	6:00-7:30pm	\$35**
Ballet/Jazz/Hip Hop	TTH	6:00-6:50pm	\$35
Stretch and Relaxation	TTH	7:00-7:50pm	\$35

*Class dates 1/11-3/2

**Class dates 3/4-4/23

