

# ADULT FITNESS CLASSES

## SESSION I

Mon. - Wed. - Fri. 9:30-10 am  
Tai Chi, Yoga & Pilates

\$20.00 a month/\$5.00 a class

## SESSION II

Mon. - 10:00 - 11:00 am  
Traditional Cardio/Strength Fitness  
Wed. - 10:00 - 11:00 am  
Interval Training  
Fri. - 10:00 - 11:00 am  
Stability Ball Conditioning

\$20.00 a month/ \$5.00 a class

\*\*Cost for unlimited both sessions  
\$25.00 a month  
Both sessions per day \$8.00