

Health & Fitness

GROUP EXERCISE

[Click here for Group Exercise Schedule, effective 9/7/10](#)

[Click here for Group Exercise Class Descriptions](#)

Zumbatomic for ages 4 - 12 years old coming in October 2010!

*NOTE: Child Watch is available during all Group Exercise Classes (except 5:45 AM week days and Sunday)

CHILD WATCH PROGRAM (6 weeks to 8 years of age):

Monday to Friday: 9:00 - 11:30 AM

Monday to Thursday: 5:00 - 7:30 PM

Saturday: 9:00 - 11:00 AM

Located in the Children's Discovery Workshop (2nd Floor)

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*Note: To provide the best care for your children we require the following: children still in need of diapers to toilet must provide both wet wipes and additional diapers, children under the age of 6 months must be accompanied by a car seat carrier; and all children must be in good health to participate, if the child is present with a condition that compromises the health and safety of the other children and staff care may be denied.

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Personal Training (One-On-One).

Maximize your workout with individualized training! You want results, we can help you achieve them.

Member:	Non-Member
1/2 Hour—\$25	1/2 Hour—\$30
45 Minutes—\$30	45 Minutes—\$35
1 Hour—\$35	1 Hour—\$40
Bulk Packages: (7 Sessions) Member:	Non-Member
1/2 Hour—\$150	1/2 Hour—\$180
45 Minutes—\$180	45 Minutes—\$210
1 Hour—\$210	1 Hour—\$240

Bulk Packages: (12 Sessions)

Member:	Non-Member
1/2 Hour—\$250	1/2 Hour—\$300
45 Minutes—\$300	45 Minutes—\$350
1 Hour—\$350	1 Hour—\$400

Group Personal Training (3-5 Individuals)

Looking for a head to toe workout incorporating a variety of strength, cardiovascular, and core exercises? Group training is perfect for families, friends, seniors, youth, teammates, and/or adults. We can also place you in a group if interested.
10 Sessions - 50 minutes

Member: \$120 Non-Member: \$140

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Get It Started

Let us design an individualized program for you taking into consideration health

concerns, personal fitness goals, and nutrition. Great for new members! (includes 6 week adult membership for non-members).

Member: \$40

Non-Member: \$70

Women's Center

Private workout area for Women 18 years and older unless accompanied by an adult includes: Circuit Training Equipment and Free Weights (Free Orientation), Treadmill, Elliptical, Bike, Stepper, Sauna, Steam Room, Whirlpool & Locker Rentals.

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