

at the Center Fitness Club

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am						Spin	
:15 am							
:30 am							
:45 am	SPIN	Spin	Spin	Spin			
6:00 am	5:45 - 6:45 Leah	5:45 - 6:45 Julie	5:45 - 6:45 Chris C.	5:45 - 6:45 Julie	5:30 - 6:30 Mysti		
:15 am							
:30 am							
:45 am						Spin 7:00 - 8:00 Julie Kickboxing 7:00-8:00 Ruben	
7:00 am							
:15 am							
:30 am							
:45 am							
8:00 am	Strength Training 8:00 - 9:00 Cris	Pilates 8:00 - 9:00 NEW CLASS Mysti	Cardio Core 8:15 - 9:15 Cris	Pilates 8:00 - 9:00 NEW CLASS - Kristin SPIN 8:00 - 9:00 - Diane	Spin & Sculpt New Class 8:00 - 9:15 Stacy	Strength Training 8:15 - 9:15 Rachelle	Zumba 8:15 - 9:15 Rachel
:15 am							
:30 am							
:45 am							
9:00 am							
:15 am	Interval Training 9:15 - 10:30 Cris	Strength Interval Training 9:15 - 10:30 Rachelle	Spin SPIN STUDIO 9:15 - 10:15 Diane	Interval Training 9:15 - 10:30 Cris	Interval Training 9:15 - 10:30 Rachelle	YOGA 9:15 - 10:30 Nancy	Strength Training 9:15 - 10:15 Cynthia S.
:30 am							
:45 am							
10:00 am	YOGA 10:30 - 11:45 Nancy		YOGA II 10:30 - 11:45 NEW CLASS Michelle		YOGA 9:15 - 10:15 NEW CLASS Michelle	Cardio Pump 9:30 - 10:45 Cris	SPIN 10:15 - 11:30 Cris
:15 am							
:30 am	Zumba Gold 11:00 - 12:00 Kristy				Zumba Gold 10:35 - 11:30 Kate		
:45 am						Strength Training 11:00 - 12:00 Charlotte	
11:00 am							
:15 am							
:30 am							
:45 am							
12:00 pm		Ab Lab-Ball Plus 12:15 - 1:15 Cynthia S.					
:15 pm							
:30 pm							
:45 pm							
1:00 pm	No Group Fitness Classes, 1pm to 4:30pm						
4:30 pm				FIT Ball 4:30 - 5:30 Cynthia S.			
:45 pm							
5:00 pm	Cardio Strength 5:00 - 6:00 New Class Jodi		Cardio Step Plus 5:30 - 6:30 New Class Charlotte	Boot Camp 5:30 - 6:30 New Class Ari			
:15 pm							
:30 pm							
:45 pm							
6:00 pm	Zumba 6:00 - 7:00-Farrell	YOGA 6:00 - 7:00 Melissa	SPIN 6:00 - 7:00 Leah	SPIN 6:00 - 7:00 Chris			
:15 pm							
:30 pm	SPIN 6:00 - 7:00 Chris	SPIN 6:30-7:30 Stacy					
:45 pm							
7:00 pm	Beginner Pilates 6:30 - 7:30 Kristin	Boot Camp 7:00 - 8:00 Ari	Zumba 7:00 - 8:00 Farrell	YOGA 6:00 - 7:00 Melissa			
:15 pm							
:30 pm							
:45 pm							
8:00 pm							

## Key

<b>WHITE</b>	→	Located In Studio "A"
<b>GREEN</b>	→	Located In Our New "Mind & Body Studio"
<b>YELLOW</b>	→	Located In Our New "Spin Studio"

**Group Fitness Classes** - Our "GroupFit" classes are designed to meet your schedule and class attendance needs. GroupFit Passes cannot be used for Specialty Classes, are non-transferable, non-refundable, and cannot be shared. Senior discounts are not available on GroupFit purchases.



**Group Fitness Class Fees**

	GroupFit Pass	Resident	Non-Resident	CFC Member
Daily Class		\$10	\$12	\$5
5 Classes		\$45	\$55	\$25
10 Classes		\$90	\$111	\$50
20 Classes		\$160	\$200	\$100
30 Classes		\$225	\$240	\$150
Unlimited		\$400	\$499	\$389

**New In 2012**  
Our New Platinum Access Membership  
Access Unlimited  
Access to Group Fitness Classes &  
The Fitness Center

Passes expire six months from date of purchase; Unlimited and Platinum Access passes are good for one year!

### A Few Things About Our GroupFit Program:

- The Center Fitness Club will offer a minimum of 25 GroupFit classes per week - Holiday Schedules will vary.
- GroupFit classes are Drop-In classes for participants with varying abilities.
- Classes may change format, time and/or instructor without prior notice; however, all efforts will be made to give as much notice as possible.
- If a 60 minute class drops below an average of 6 participants in any consecutive 4 week period, format may change or class may be cancelled.
- If a 75 minute class drops below an average of 10 participants in any consecutive 4 week period, class length will be reduced to 60 minutes.