

OCTOBER Fitness Class Fees No classes Friday, Oct., 5th

MONTHLY FITNESS CLASSES

(MORNING AND EVENING CLASSES)

BALL, STEP/SCULPT, TOTAL BODY, PILATES, BOOTCAMP, BARRE, STRETCH, STRENGTH, INTERVAL, TOTAL BODY, ZUMBA, CARDIO FLEX, FLEXIBILITY AND MOBILITY, CORE, GENTLE FLEX & STRETCH, RELAX AND REJUVENATE, WERQ, YOGA and HIIT

Monthly Fee: \$30 Resident/\$35 Non-resident

Daily: \$5

30-minute classes: \$2 (or part of monthly fee)

45-minute classes: \$3 (or part of monthly fee)

MONTHLY FEES FOR ALL CLASSES START AT THE BEGINNING OF THE MONTH

EASY DOES IT

Tuesday & Thursday

9-10am

Tuesday

10-10:30am and 10:30-11am

Thursday, 10-11am

Monday, Wednesday, & Friday

10:30-11:30am

Relax and Rejuvenate

Wednesday, 11-11:45am

Gentle Flex & Stretch

Thursday, 11-11:45am

Monthly Fee: \$25 Resident/ \$30 Non-resident

Daily: \$5

30-minute classes: \$2 (or part of monthly fee)

45-minute classes: \$3 (or part of monthly fee)

Also included in Easy Does it monthly fee:

*Mon., Wed., and Fri., 9:30-10:30am classes

*Above classes are intermediate

ZUMBA

with Queenie

Monday, 6:35—7:35pm

Daily: \$5

SENIOR LINE DANCE

with France

Wednesday, 12:45—1:45pm

Daily: \$5

ZUMBA

with Priscila

Wednesday, 6:45—7:45pm

Daily: \$5

Gentle Flex & Stretch

Thursday, 11-11:45am

\$3 daily fee or part of monthly
aerobics and easy does it

Instructor: Lala

Yoga

No class Oct., 2nd

Wednesday, 5:30-6:30pm

\$5 daily fee or part of monthly
aerobics and easy does it

Instructor: Jessie

Line Dancing

with Denise

Friday, 6:30—7:30pm

Daily: \$5

CHILDCARE

Monday thru Thursday, 3—8pm
Fitness Center

FEES: \$20 monthly fee 1st child

\$10 for each additional child of the same family

\$2 per hour per child (minimum \$2 fee)

cash or check preferred for
fees \$5 or less

www.cityofgoosecreek.com

wellcare