



FITNESS
CONNECTION

May 2024

Monthly Rates

\$49.99 (18+)

\$39.99 Student

\$74.99 Couple

\$39.99 Military, Police & Fire, Teachers

Add a Kid or Spouse \$25

Non Member Rate

\$10 Day Pass

Staffed Hours: Mon-Fri 8-12 pm & 4-8pm | Sat 8-1pm | Sun 12-4pm

All Classes included in monthly membership!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|--|--------------------------------|--------------------------------------|
| 5:30am-6:15am Strength & Conditioning (Heather) | | 5:30am-6:15am Strength & Conditioning (Heather) | | | | |
| 8:10-8:55am Zumba (Paula) | | 8:10-8:55am Zumba (Paula) | | 8:10-8:55am Zumba (Paula) | 8:15-9:00am Zumba (Paula) | 8:15-9:00am Zumba (Paula) |
| 8:30-9:15am Fit Cycle (Andy) | 8:30-9:20am Strength & Conditioning (Carly) | 8:30-9:10am Fit Cycle (Andy) | 8:30-9:20am Strength & Conditioning (Andy) | 8:30-9:10am Indoor Cycling (Virginia) | | |
| | 9:30-10:30 Flow Yoga (Carly) | 9:15-10:00am Lets Get Fit! (Norm) | 9:30-10:30 Flow Yoga (Carly) | 9:15-10:00am Core & More (Heather) | | |
| 10:10-10:55am Senior Fitness (Norm) | | 10:10-10:55am Senior Fitness (Norm) | | 10:10-10:55am Senior Fitness (Heather) | | |
| | 4:30-5:00pm Family/Beginner Zumba (kids are free) (Paula) | | | | 1:00-2:00pm Yoga (Megan) | 2:00-3:00pm Deep Tone Yoga (Josh) |
| 6:15-7:00pm Zumba (Paula) | 6:00-6:50pm Bootcamp (Kara) | 6:15-7:00pm Zumba (Paula) | 6:00-6:50pm Bootcamp (Kara) | | | |
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| 7:10-8:10pm Slow Flow Yoga (Tiffany) | 7:05-8:05pm Yoga (Katy) | 7:10-8:10pm Yoga (Megan) | 7:10-8:10pm Slow Flow Yoga (Carly) | | | |