

Wyndemere Country Club

Group Fitness Schedule AUGUST 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Aqua Fitness Irena 8:00 AM		Aqua Fitness Irena 8:00 AM		Aqua Fitness Irena 8:00 AM	
	"On the Ball" Gene 8:00AM		Cardio Cycle and Core! Kristy 8:00AM	"On the Ball" Gene 8:00AM		Cycle &Sculpt Stacey 8:00AM
	Cardio Cycle & Stretch Kristy 9:00AM	Yoga Lisa 9:00AM				Body Sculpt & Stretch Barbara 9:00AM-10:30AM
	Mat Pilates Lisa 3:00PM		Mat Pilates Lisa 3:00PM			

\$50 monthly for unlimited classes (**Members Only**)
\$15 individual class

Classes are 45-55 minutes in duration and are subject to change
Any questions may be directed to the Fitness Center at 263-6129
Tai Chi is a 6 week class at \$120

