

# PREMIER FITNESS - AT A GLANCE

## RECREATION CENTER

Instructor	Class	Class #	Day	Date	Time	FM/R/NR
<b>BEGINNERS</b>						
Julie	Energy Healing: Love Your Life	130148-01	W	1/10 - 2/14	6:15 - 7:15pm	\$135
Rita	Yoga Essentials	130135-01	W	1/10 - 2/7	5:00 - 5:55pm	\$30/\$40/\$60
<b>WOMAN-FOCUSED</b>						
Rita	Core & Pelvic Floor	130136-01	W	1/10 - 2/7	4:00 - 4:55pm	\$30/\$40/\$60
Jeanette	Weight Training for Women	130103-01	TU	1/9 - 2/6	7:10 - 8:00pm	\$30/\$40/\$60
Jeanette	Weight Training for Women	130103-02	TH	1/11 - 2/8	7:10 - 8:00pm	\$30/\$40/\$60
Jeanette	Weight Training for Women	130103-03	TU&TH	1/9 - 2/8	7:10 - 8:00pm	\$53/\$70/\$105
<b>LONGEVITY FITNESS</b>						
Amy	Meditation	130113-01	TH	1/11 - 2/8	8:10 - 8:55pm	\$30/\$40/\$60
Janet-Lynn	Meditation	130113-02	SUN	1/14 - 2/11	4:45 - 5:30pm	\$30/\$40/\$60
Linda	Pilates with MELT Rollers	130146-01	M	1/8 - 2/5	8:05 - 9:00pm	\$40/\$54/\$80
Susan M.	Senior Strength	130120-01	M	1/8 - 2/5	4:00 - 4:45pm	\$30/\$40/\$60
Susan M.	Senior Strength	130120-02	F	1/12 - 2/9	8:00 - 8:45am	\$30/\$40/\$60
Cindy	<b>Time</b> to get IN.FORM.ed	130147-01	TU	1/9 - 3/20	1:00 - 2:00pm	\$199
<b>CARDIO &amp; STRENGTH</b>						
Jeanette	Co-ed Weight Training	130104-01	W	1/10 - 2/7	7:45 - 8:35pm	\$30/\$40/\$60
Jeanette	Fit Express	130139-01	W	1/10 - 2/7	7:10 - 7:40pm	\$30/\$40/\$60
<b>TRX - SUSPENSION TRAINING - Register for TRX by Dec. 29 for a 10% discount!</b>						
Linda	TRX®	130130-01	M	1/8 - 2/5	5:15 - 6:10am	\$60/\$80/\$120
Linda	TRX®	130130-02	M	1/8 - 2/5	9:00 - 9:55am	\$60/\$80/\$120
Susan M.	TRX® for Yoga	130130-19	M	1/8 - 2/5	5:15 - 6:00pm	\$60/\$80/\$120
Jeanette	TRX® - Circuit 30	130130-23	TU	1/9 - 2/6	6:25 - 6:55pm	\$30/\$40/\$60
Vicki	TRX® Boot Camp	130130-11	TU	1/9 - 2/6	7:00 - 7:55pm	\$60/\$80/\$120
Staff	TRX®	130130-03	W	1/10 - 2/7	9:00 - 9:55am	\$60/\$80/\$120
Susan M.	TRX® for Yoga	130130-20	W	1/10 - 2/7	10:15 - 11:00am	\$60/\$80/\$120
Linda	TRX®	130130-04	W	1/10 - 2/7	6:00 - 6:55pm	\$60/\$80/\$120
Linda	TRX® for Golfers	130130-15	W	1/10 - 2/7	7:05 - 7:50pm	\$60/\$80/\$120
Linda	TRX® for Golfers	130130-16	TH	1/11 - 2/8	6:00 - 6:45pm	\$60/\$80/\$120
Linda	TRX®	130130-05	TH	1/11 - 2/8	7:00 - 7:55pm	\$60/\$80/\$120
Vicki	TRX® Boot Camp	130130-12	F	1/12 - 2/9	5:15am - 6:10am	\$60/\$80/\$120
<b>KID-FOCUSED</b>						
Carrie A.	Equalizer for Kids 10 -14 yrs	130145-01	M	1/8 - 2/5	5:00 - 5:45pm	\$34/\$45/\$68
Eileen	Meditation Yoga for Kids 10-14yrs	130128-01	W	1/10 - 2/7	5:55 - 6:25 pm	\$23/\$30/\$45
Linda	TRX® for Kids 10- 14 yrs	130132-01	W	1/10 - 2/7	4:10 - 4:55 pm	\$34/\$45/\$68
Carrie	Yoga for Little Kids 3-6 yrs	130108-01	F	1/12 - 2/9	10:05 - 10:50am	\$23/\$30/\$45
Eileen	Yoga for Kids 6-9 yrs	130109-03	W	1/10 - 2/7	4:10 - 4:55 pm	\$23/\$30/\$45
Eileen	Yoga for Kids 10-14 yrs	130109-04	W	1/10 - 2/7	5:00 - 5:45 pm	\$23/\$30/\$45

## LINCOLN CENTER

Instructor	Class	Class #	Day	Date	Time	FM/R/NR
Eileen	Chair Yoga	130110-01	TU	1/9 - 2/6	9:30 - 10:25am	\$30/\$40/\$60
Eileen	Chair Yoga	130110-02	TU	1/9 - 2/6	10:30 - 11:25am	\$30/\$40/\$60
Judy	Tai Ji Quan for Health	130107-01	TU	1/9 - 3/20	7:30 - 8:25pm	\$60/\$80/\$120

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