

# PREMIER FITNESS - AT A GLANCE

## RECREATION CENTER

Instructor	Class	Class #	Day	Date	Time	FM/R/NR
<b>BEGINNERS</b>						
Jeanette	Co-ed Weight Training Instructional	830104-01	W	9/13 - 10/25	7:45 - 8:35pm	\$42/\$56/\$84
Eileen	Yoga Essentials	830138-01	W	9/13 - 10/25	5:00 - 5:55pm	\$42/\$56/\$84
<b>WOMAN-FOCUSED</b>						
Rita	Core & Pelvic Floor	830116-01	W	9/13 - 10/25	4:00 - 4:55pm	\$42/\$56/\$84
Jeanette	Weight Training for Women	830102-01	TU	9/12 - 10/24	7:10 - 8:00pm	\$42/\$56/\$84
Jeanette	Weight Training for Women	830102-02	TH	9/14 - 10/26	7:10 - 8:00pm	\$42/\$56/\$84
Jeanette	Weight Training for Women	830102-03	TU&TH	9/12 - 10/26	7:10 - 8:00pm	\$74/\$98/\$147
<b>LONGEVITY FITNESS</b>						
Julie	Energy Healing: Love your Life	830148-01	W	9/13 - 10/18	6:15 - 7:15pm	\$135.00
Amy	Meditation	830129-01	TH	9/14 - 10/26	8:10 - 8:55pm	\$42/\$56/\$84
Linda	Pilates with MELT Rollers	830146-01	M	9/11 - 10/23	8:05 - 9:00pm	\$56/\$75/\$112
Cindy	<b>Time</b> to get IN.FORM.ed	830147-01	M	9/11 - 12-4	1:00 - 2:00pm	\$199.00
Janet	Yin Yoga	830143-01	TH	9/14 - 10/26	4:50 - 5:45pm	\$42/\$56/\$84
<b>CARDIO &amp; STRENGTH</b>						
Jeanette	Fit Express	830139-01	W	9/13 - 10/25	7:10 - 7:40pm	\$42/\$56/\$84
<b>TRX - SUSPENSION TRAINING - Register for TRX by Sept. 1 for a 10% discount!</b>						
Linda	TRX®	830130-01	M	9/11 - 10/23	5:15 - 6:10am	\$84/\$112/\$168
Linda	TRX®	830130-02	M	9/11 - 10/23	9:00 - 9:55am	\$84/\$112/\$168
Jeanette	TRX® - Circuit 30	830130-14	TU	9/12 - 10/24	6:25 - 6:55pm	\$42/\$56/\$84
Vicki	TRX®	830130-04	TU	9/12 - 10/24	7:00 - 7:55pm	\$84/\$112/\$168
Alison	TRX®	830130-05	W	9/13 - 10/25	9:00 - 9:55am	\$84/\$112/\$168
Linda	TRX®	830130-06	W	9/13 - 10/25	6:00 - 6:55pm	\$84/\$112/\$168
Linda	TRX®	830130-07	TH	9/14 - 10/26	7:00 - 7:55pm	\$84/\$112/\$168
<b>KID-FOCUSED</b>						
Carrie	Equalizer for Kids 10 -14 yrs	830145-01	M	9/11 - 10/23	4:10 - 4:55 pm	\$41/\$54/\$81
Eileen	Meditation Yoga for Kids 10-14 yrs	830128-01	W	9/13 - 10/25	5:55 - 6:25 pm	\$32/\$42/\$63
Linda	TRX® for Kids 10- 14 yrs	830132-01	W	9/13 - 10/25	4:10 - 4:55 pm	\$48/\$63/\$94
Eileen	Yoga for Kids 3-6 yrs	830109-01	F	9/15 - 10/27	10:05 - 10:50am	\$32/\$42/\$63
Eileen	Yoga for Kids 6-9 yrs	830109-03	W	9/13 - 10/25	4:10 - 4:55 pm	\$32/\$42/\$63
Eileen	Yoga for Kids 10-14 yrs	830109-04	W	9/13 - 10/25	5:00 - 5:45 pm	\$32/\$42/\$63

## LINCOLN CENTER

Class	Class #	Day	Date	Time	FM/R/NR
Chair Yoga	830113-03	M	9/11 - 10/23	9:30 - 10:25am	\$42/\$56/\$84
Chair Yoga	830113-01	TU	9/12 - 10/24	9:30 - 10:25am	\$42/\$56/\$84
Tai Ji Quan for Health	830107-01	TU	9/12 - 11/14	7:30 - 8:25pm	\$60/\$80/\$120

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