

WORTHINGTON COMMUNITY CENTER

GROUP FITNESS SCHEDULE - WINTER 2010

JANUARY 4 - APRIL 18

SUN	MON	TUES	WEDS	THURS	FRI	SAT
<p>4:00-5:00PM STEP & ABS Jennifer H. Fit. Studio</p>	<p>8:15-9:15AM INTERVAL Holly Fit. Studio</p> <p>12:15-1:00PM ZUMBA Kenya Fit. Studio</p> <p>4:15-5:15PM TOTAL BODY BOOTCAMP Julie Fit. Studio</p> <p>5:45-6:45PM BOSU BLAST Nancy North Gym</p> <p>5:45-6:45PM LOW IMPACT Judy South Gym</p>	<p>8:30-9:30AM MUSCLE MIX Tina Fit. Studio</p> <p>9:45-10:45AM KICKIN IT Julie Fit. Studio</p> <p>11:00-12:00PM GET ON THE BALL Nancy Fit. Studio</p> <p>5:45-6:45PM SUPER SCULPT Jennie North Gym</p>	<p>8:15-9:15AM STEP & SCULPT Holly Fit. Studio</p> <p>8:30-9:30AM STRETCH, STRENGTH, & SCULPT Nancy Comm. Room</p> <p>4:15-5:15PM TOTAL BODY BOOTCAMP Rachel Fit. Studio</p> <p>5:45-6:45PM ZUMBA Kenya Fit. Studio</p>	<p>8:30-9:30AM MUSCLE MIX Tina Fit. Studio</p> <p>9:45-10:45AM KICKIN IT Julie Fit. Studio</p> <p>11:00-12:00PM BOSU BLAST Nancy Fit. Studio</p> <p>5:45-6:45PM STEP & SCULPT Jennie North Gym</p> <p>5:45-6:45PM LOW IMPACT Judy Fit. Studio</p> <p>7:00-8:00PM ZUMBA Vicki Fit. Studio</p>	<p>8:15-9:15AM CARDIO & WTS Holly Fit. Studio</p>	<p>8:30-9:30AM TOTAL BODY BOOTCAMP CHRIS North Gym</p> <p>10:00-11:00AM ZUMBA Rachel Fit. Studio</p>
<p>CLASSES WITH LOW ATTENDANCE WILL BE CANCELLED BY JANUARY 25</p>						

***You can register for classes ahead of time to save your spot and save money!
Please refer to the quarterly brochure for individual course numbers.***

You can also purchase punch cards so you can drop in to the class of your choice.

	<u>Resident/Pass Holder</u>	<u>Non-Resident</u>
Unlimited Quarterly Pass	\$100	\$130
8 Class Punch Card	\$20	\$26
16 Class Punch Card	\$40	\$52
1 Class Drop In Fee	\$4	\$4