



FITNESS
CONNECTION

April 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)		
9:05-9:55am Flow Yoga (Jenn)	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)			
7:10-8:10pm Slow Flow Yoga (Tiffany)	7:05-8:05pm Yoga (Katy)	7:10-8:10pm Yoga (Megan)				

CHILD CARE HOURS

Mornings: Monday-Friday 8am-10:30am

Evenings: Monday & Wednesday 6pm-7pm

Tuesday & Thursday 5:45pm-7pm

Saturday 8:10am-9:10am

CHILD CARE COST

\$5/drop in rate per child

\$20/month per child or \$50 per family of 3+kids