

**8-Week Session Runs January 7 - March 2**

**Pre-pay for a package and save!**

|                                |                    |                     |         |
|--------------------------------|--------------------|---------------------|---------|
| Splash Water Aerobics*<br>\$84 | Monday & Wednesday | 9 am - 9:45 am      | Maxine  |
| Circuit* \$84                  | Monday & Wednesday | 10 am - 10:45 am    | Maxine  |
| Yoga* \$84                     | Monday & Wednesday | 11 am - 11:45 am    | Maxine  |
| Water Conditioning \$84        | Tuesday & Thursday | 9 am - 9:45 am      | Jeanne  |
| Strength Circuit \$42          | Tuesday            | 10:15 am - 11 am    | Jeanne  |
| Circuit \$84                   | Monday & Wednesday | 5 pm - 5:45 pm      | Maxine  |
| Tabata \$84                    | Monday & Wednesday | 6 pm - 6:45 pm      | Maxine  |
| Sculpt \$84                    | Monday & Wednesday | 7 pm - 7:45 pm      | Maxine  |
| Pound \$42                     | Thursday           | 10:15 am - 10:45 am | Jeanne  |
| Sculpt \$42                    | Thursday           | 10:45 am - 11:15 am | Jeanne  |
| Cardio Kick \$84               | Tuesday & Thursday | 5 pm - 5:45 pm      | Jen     |
| Step Aerobics \$84             | Tuesday & Thursday | 6 pm - 6:45 pm      | Jen     |
| Water Circuit \$42             | Thursday           | 4:30 pm - 5:15 pm   | Jeanne  |
| Water Intervals \$42           | Thursday           | 5:20 pm - 6:05 pm   | Jeanne  |
| Functional Fitness \$84        | Tuesday & Thursday | 7 pm - 7:45 pm      | Brennan |

**Walk-In Class Prices: 30 or 45 minute: \$6 | 60-minute: \$7**

|                   |                     |                    |      |
|-------------------|---------------------|--------------------|------|
| Intermediate Yoga | Saturday            | 8 am - 9 am        | Jana |
| \$7/class         | No class Jan 5 & 19 |                    |      |
| Beginner Yoga     | Saturday            | 9:15 am - 10:15 am | Jana |
| \$7/class         | No class Jan 5 & 19 |                    |      |

**\* Now featuring Silver Sneakers Classes!**

**Call to reserve your spot: 989.856.3004**

**7925 Crescent Beach Road, Pigeon**