

Group Fitness

Register Befor August 7th

Register Befor Septmeber 4th

Register Before October 2nd

Forest Park Shelter 5

Boot Camp	6:30-7:30pm	Mon & Wed	August 10th-Sept 2nd	4 wks	\$45/\$50 NR
			Sept7-30th	4 wks	\$45/\$50 NR
			October 5-28	4 wks	\$45/\$50 NR

Forest Park Lodge

Electric Body	9:30-10:30	Monday	Sept 15-29	3 Wks	\$27 \$32 NR
			October 5-26	4 wks	\$35/\$40 NR
Beginning Yoga	6:00-7:00pm	Tuesdays	August 11-Sept 1st	4 wks	\$35/\$40 NR
		Tuesday	Sept 15-29	3 Wks	\$27 \$32 NR
		Monday	October 5-26	4 wks	\$35/\$40 NR
Restorative Yoga	7:15-8:15pm	Monday	October 5-26	4 wks	\$35/\$40 NR
Beginning Yoga	9:00-10:00am	Tuesdays	August 11-Sept 1st	4 wks	\$35/\$40 NR
			Sept 8th-29	4 wks	\$35/\$40 NR
			October 6-27	4 wks	\$35/\$40 NR
Gentle Yoga	10:15-11:15am	Tuesdays	August 11-Sept 1st	4 wks	\$35/\$40 NR
			Sept 8th-29	4 wks	\$35/\$40 NR
			October 6-27	4 wks	\$35/\$40 NR
Dance/Piloxing	9:30-10:30am	Wednesday	August 12- Sept 2nd	4 wks	\$32/\$37 NR
			Sept 9-30th	4 wks	\$32/\$37 NR
			October 7-28	4 wks	\$32/\$37NR
Gentle Yoga	6:00-7:00pm	Wednesday	August 12- Sept 2nd	4 wks	\$35/\$40 NR
			Sept 9-30th	4 wks	\$35/\$40 NR
			October 7-28	4 wks	\$35/\$40 NR
Flow Yoga	7:15-8:15pm	Wednesday	August 12- Sept 2nd	4 wks	\$35/\$40 NR
			Sept 9-30th	4 wks	\$35/\$40 NR
			October 7-28	4 wks	\$35/\$40 NR
Gentle Yoga	9:30-10:30am	Thursdays	August 13-Sept 3nd	4 wks	\$35/\$40 NR
			Sept 10th-Oct 1st	4 wks	\$35/\$40 NR
			October 8-29	4 wks	\$35/\$40 NR

Forst Park Inn

Low Impact Aerobics	10:00-11:00am	Monday	Sept 8th-29	4 wks	\$32/\$37 NR
			October 6-27	4 wks	\$32/\$37 NR
Aerobic Kickboxing	7:15-8:15pm	Tuesdays	August 11-Sept 1st	4 wks	\$32/\$37 NR
			Sept 8th-29	4 wks	\$32/\$37 NR
			October 6-27	4 wks	\$32/\$37 NR
Pilates	7:15-8:15pm	Wednesdays	August 12- Sept 2nd	4 Wks	\$32/37 NR
			Sept 9-30th	4 wks	\$32/\$37 NR
			October 7-28	4 wks	\$32/ \$37 NR
Barre Workout/Pilates	9:30-10:30am	Thursday	Sept 10th-October 1	4 wks	\$32/\$37NR
			October 8-29	4 wks	\$32/\$37NR