

	<b>Sept. 12 - Dec. 16, 2022</b>	<b>Jan. 2 - June 15, 2023</b>
<b><u>Classes</u></b>	<b><u>Membership Fees</u></b>	
<b>9:35am Aerostrength</b> (Monday, Wednesday & Friday)	2x/week: \$245.00 3x/week: \$357.00	2x/week: \$385.00 3x/week: \$561.00
<b>10:35am Light Workout</b> (Monday & Wednesday)	2x/week: \$245.00	2x/week: \$385.00
<b>10:35am Energy Stretch</b> (Friday)	1x/week: \$140.00 <i>Free to members</i>	1x/week: \$220.00
<b>11:35am Strength &amp; Flexibility</b> (Monday & Friday) <b>Strength for Mobility</b> (Wednesday)	1x/week: \$126.00 2x/week: \$245.00 3x/week: \$357.00	1x/week: \$198.00 2x/week: \$385.00 3x/week: \$561.00
<b>6:30pm Core Strength (Formerly Pilates)</b> (Wednesday)	1x/week: \$140.00	1x/week: \$220.00