

# Fitness Membership

## YWCA Hours of Operation Mon-Fri 7AM-12PM & 5-8pm Saturday 8AM-12PM

### Monday

7:00AM-12:00PM	Cardio/Weight/Circuit	
9:00-9:50AM	Yoga (L)	Salinda
10:00-10:50AM	Line Dance (M)	Carolyn
11:00-11:50AM	Chair Salsa	Olga
12:00-1:30PM	Pickle Ball	
5:00-8:00PM	Cardio/Weight/Circuit	
6:00-6:50PM	Yoga	Janine

### Tuesday

7:00AM-12:00PM	Cardio/Weight/Circuit	
9:00-9:50AM	Cardio Sculpt (M)	Dolores
10:00-10:50AM	Balance Stability	Olga
11:00-11:50AM	Chair Yoga	Rhonda
12:00-1:30PM	Chair Volleyball	
5:00-8:00PM	Cardio/Weight/Circuit	
6:00-6:50PM	Strength Conditioning	Janine

### Wednesday

7:00AM-12:00PM	Cardio/Weight/Circuit	
9:00-9:50AM	Yoga (L)	Salinda
10:00-10:50AM	Line Dance	Carolyn
11:00-11:50AM	Chair Salsa	Olga
12-1:30PM	PickleBall	
5:00-8:00PM	Cardio/Weight/Circuit	
5:00-5:50PM	Yoga	Rhonda

### Thursday

7:00AM-12:00PM	Cardio/Weight/Circuit	
9:00-9:50AM	Cardio Sculpt (M)	Dolores
10:00-10:50AM	Chair Yoga	Rhonda
11:00-11:50AM	Ballet	Lawrene
12:00-1:30PM	Chair Volleyball	
5:00-8:00PM	Cardio/Weight/Circuit	
6:00-6:50PM	Strength Conditioning	Janine

### Friday

7:00AM-12:00PM	Cardio/Weight/Circuit	
9:00-9:50AM	Yoga (L)	Salinda
10:00-10:50AM	Balance Stability	Olga
11:00-11:50AM	Chair Salsa	Olga
5:00-8:00PM	Cardio/Weight/Circuit	
6:00-6:50PM	Yoga	Janine

\*\*All Classes are 50 minutes long.



Schedule Effective 4/11/2022

### \*Monthly Fees - No Joining Fee

Single	\$39
Single W/Child (17&under)	\$49
Mem/Spouse	\$59
Family	\$69
Grandchildren Add To Your Membership	\$10/child/month

### Seniors 55 & Over

### Student (Student ID Required)

### Military/Veteran (Military ID Req.)

### \*Monthly Fees - No Joining Fee

Single	\$30
Single W/Child (17&under)	\$40
Mem/Spouse	\$45
Family	\$59
Drop-In Fee (Per Person)	\$5
Family (2 Adults/4 Children)	\$20

### Children

Weight Room- All children under 15 must be accompanied by parent.  
To swim independently children must pass swim test.  
Children under 8 must have an adult within arm's reach in the pool.

### \*Payment Options:

- Bank Draft/Credit Card/Debit Card Draft/3 Month Advance Pay (non-refundable) *No Cash Accepted*
- Medicare Supplement Insurance
- Some Financial Aid Assistance Available

\*30 Day written cancellation notice required

### Saturday

<b>Land</b>		
8:00AM-12:00PM	Cardio/Weight/Circuit	
10:30AM-11:20AM	Yoga	Janine
<b>Water</b>		
8:00AM-8:50AM	Lap Swim	
9:00AM-9:50AM	Drills, Core & Strength	Patricia
9:00AM-9:50AM	Aquacise	Socorro
10:00AM-12:00PM	Rec Swim	

### Monday

7:00-8:50AM	Lap Swim	
9:00-9:50AM	H2O Walk Total (D)	Barbara
9:00-9:50AM	Total Water Workout (S)	Lisa
10:00-10:50AM	Drills, Core & Strength	Patricia
10:00-10:50AM	Aquacise	Socorro
11:00-11:50 AM	Rec Swim	
5:00-5:50PM	Lap Swim	
6:00-7:50PM	Rec Swim	

### Tuesday

7:00-8:50AM	Lap Swim	
9:00-9:50AM	Water Yoga	Rhonda
10:00AM-11:50AM	Rec Swim	
5:00-5:50PM	Lap Swim	
6:00-6:50PM	Aquacise	Socorro
6:00-6:50PM	Aqua Interval	Joy
7:00-7:50PM	Rec Swim	

### Wednesday

7:00-8:50AM	Lap Swim	
9:00-9:50AM	H2O Walk Total (D)	Barbara
9:00-9:50AM	Total Water Workout (S)	Lisa
10:00-10:50AM	Drills, Core & Strength	Patricia
10:00-10:50AM	Aquacise	Socorro
11:00-11:50 AM	Rec Swim	
5:00-5:50PM	Lap Swim	
6:00-7:50PM	Rec Swim	

### Thursday

7:00-8:50AM	Lap Swim	
9:00-9:50AM	Water Yoga	Rhonda
10:00-11:50AM	Rec Swim	
5:00-5:50PM	Lap Swim	
6:00-6:50PM	Aquacise	Socorro
6:00-6:50PM	Aqua Interval	Joy
7:00-7:50PM	Rec Swim	

### Friday

7:00-8:50AM	Lap Swim	
9:00-9:50AM	H2O Walk Total (D)	Barbara
9:00-9:50AM	Total Water Workout (S)	Lisa
10:00-10:50AM	Drills, Core & Strength	Patricia
10:00-10:50AM	Aquacise	Socorro
11:00-11:50AM	Rec Swim	
5:00-5:50PM	Lap Swim	
6:00-7:50PM	Rec Swim	