

Classes Series SPRING 2010 (Starting January through April)

Ballet Body	M	6:30-7:45 PM	1/25-3/1 3/8-4/12 4/19-5/24	\$69	6 sessions, 6 Weeks
Healthy Lifestyle	M	7-8:30 PM	1/18-3/22	\$99	10 Sessions, 10 weeks
Ease Your Aching Back	W	7-8 PM	1/20-3/10 3/17-5/5	\$69	8 sessions, 8 Weeks

Hip Hop	T	7:30-8:30 PM	1/19-4/6 4/13-6/29	\$89	12 sessions, 12 weeks
Kickboxing	T	6:30-7:30 PM	1/19-3/9 3/16-5/4 5/11- 6/29	\$69	8 sessions, 8 Weeks
ZUMBA !	Th	6:30-7:30 PM	1/21-3/11 3/18-5/6 5/13-7/1	\$69	8 sessions, 8 Weeks

* Salsa I	Th	7:30-8:45	1/21-3/11 3/18-5/6	\$74	10 sessions, 10 weeks
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* Not available as drop-in after 3rd class meeting without instructor approval.

Snowshoeing	Sa	8 AM-1 PM	1/23, 2/6, 2/20	\$99	3 sessions (1 class, two 4 hour outings)
Spin for Weight Loss	T/Th AND Saturday	6:30-7:30 PM 8:30-9:30 AM	1/16-3/11 3/13-5/6 5/8-7/1	\$124	24 sessions, 8 weeks

Spinning (Minimum Needed)	T/Th	5:30-6:30 PM	1/19-2/18 2/23-3/25 3/30-4/29 5/4-6/3	\$94	10 Sessions, 5 Weeks
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*Train FOR THE TOP OF Half Dome	Alternate Sa/Su Hikes	Increasingly challenging weekly hikes	Classroom 3/14 First hike 3/28	\$250	12 Week Training with *(optional) guided trip to top of Half Dome*
NEW!	Full 12-Week Training Session!		Classroom Session: Sun 3/14, 8-10 AM		* Request details
Hikes: 3/28, 4/3, 4/11, 4/17, 4/25, 5/1, 5/8, 5/15, 5/23, 5/29, 6/6, 6/12-6/12					

Yoga Basics	Sa	10-11 AM	1/23-2/27	\$64	6 sessions, 6 Weeks
Power Pump	T/Th AND Saturday	5:30-6:30 PM 9:30-10:30 AM	1/19-3/13 3/16-5/8 5/11-7/3	\$124	24 sessions, 8 weeks
Power Pump	T/Th	5:30-6:30 PM	1/19-2/18 2/23-3/25 3/30-4/29 5/4-6/3	\$94	10 Sessions, 5 Weeks