

Fitness Schedule Fall 2010

Starting September 13th through December 19th

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Aerobics w/ Heidi			9:00-9:45am Starts on 9/1				
Body Conditioning Aerobics w/ Christina	5:30-6:30pm				9:00-10:00am		
Yoga w/ Jennifer		6:30-7:30pm				9:00-10:00am	
Basic Step Aerobics w/ Jennifer or Christina		8:30-9:30am w/Christina		8:30-9:30am w/Christina		10:00-11:00am w/ Jennifer	
Core Body (Abdominals) & Stretching w/ Christina	10:00-11:00am	9:30-10:30am		9:30-10:30am			
Toning w/ free weights w/ Jennifer						11:00am- 12:00pm	
PIYO w/ Jennifer							12:00-1:00pm

Fitness Class Fees: 4 options available

1. Package of 20 classes
\$130 for TPCC Members
\$150 for Guests (checks payable to TPCC)
2. Package of 10 classes
\$70 for TPCC Members
\$80 for Guests (checks payable to TPCC)
3. Package of 5 classes
\$35 for TPCC Members
\$40 for Guests (checks payable to TPCC)
4. Drop-in fee will be \$8/class for TPCC members only

- Complimentary class: come out and try any of our fitness classes for the first time and it will be on us!
- Complimentary class for one of your guests in the month of September!
- Complimentary class for you if your guest registers for a package!
- Your fitness package will not expire until August 31st, 2011!