

Land & Water Group Exercise Classes

Winter 2018/19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Silver Splash #1 8:15 am - 9 am		Silver Splash #1 8:15 am - 9 am		Silver Splash #1 8:15 am - 9 am	Pilates Class 8 am - 9 am
Water Aerobics (Deep) 9:15 am - 10 am	Cycle Express 9 am - 10 am	Water Aerobics (Deep) 9:15 am - 10 am	Cycle Express 9 am - 10 am	Water Aerobics (Deep) 9:15 am - 10 am	Total Body Fitness 9 am - 10 am
Silver Splash #2 10:15 am - 11 am	Circuit Express 10 am - 10:30 am	Silver Splash #2 10:15 am - 11 am	Circuit Express 10 am - 10:30 am	Silver Splash #2 10:15 am - 11 am	Cycle Express 10 am - 11 am
	Yoga 10:30 am - 11:30 am		Yoga 10:30 am - 11:30 am		
Tai Chi 11 am - 12 pm	Silver Sneakers Classic 11:30 am - 12:15 pm				
	Senior Cycle 12:15 pm - 12:30 pm				
Senior Chair Stretch & Balance 2 pm - 2:45 pm			Brick 4 pm-5:30 pm		
	Stairs 101 5 pm -5:30 pm	Chisel your Middle 5 pm - 5:30 pm			
		Sculpt Express 5:30 pm - 6 pm			
	Water Fusion 6:15 pm - 7:15 pm	Cycle 6 pm - 7pm			

Highlighted Classes:

Members FREE
Non members \$5

Drop in Rates for Paid Classes:

Members \$4
Non Members \$8

5 Paid Class Punch Passes:

Members \$15
Non Members \$30

Punch Passes Expire 2 months
after Purchase Date

ALL Class Participants must register at SPIRE Fit PRIOR to taking a Class
Classes Not Maintaining to 4 person Minimum will be Cancelled