



**GROUP FITNESS
SESSIONS, CLASSES & FEES
Mon, Nov 6th – Fri, Dec 22nd**

Strength/Circuit	
Description	Our group strength/circuit class will help you achieve your fitness goals through bodyweight, free weight and cardio exercises. Excellent for a complete and full-body workout for all fitness levels!
Instructor	Shannon Ziemer
Start	Monday, November 6 th
End	Friday, December 22 nd
Days/Times	Mon-Wed-Fri at 5:15 AM
Class Length	50-60 minutes
Pricing	\$90* for entire session (all access) - \$65 for 8-class punch card** - \$10 drop-in

XABeat	
Description	Looking for a fast-paced and intense workout that flies by?! Teena Knuth will be leading our XABeat classes to today's top music hits. Dance away calories to some great tunes and have a ton of fun while doing it!
Instructor	Teena Knuth
Start	Tuesday, November 7 th
End	Thursday, December 21 st
Days/Times	Tues & Thurs at 5:30 pm, Sat at 10:00 AM
Class Length	50-60 minutes
Pricing	\$80* for entire session (all access) - \$65 for 8-class punch card** - \$10 drop-in

Yoga	
Description	Always a group fitness favorite, Yoga increases flexibility, increases muscular strength & tone and improves your energy & vitality. Experienced instructor Roberta Pytlik will use her patient and fun-loving teaching style in order for you to get the most out of your workout, whether you're a beginner or an experienced yogi.
Instructor	Roberta Pytlik
Start	Monday, November 6 th
End	Wednesday, December 20 th
Days/Times	Mondays at 4:30 PM & 6:00 PM, Wednesdays at 5:30 PM
Class Length	50-55 minutes
Pricing	\$80* for entire session (all access) - \$65 for 8-class punch card** - \$10 drop-in

*Governors' Waterpark & Fitness Center members receive half-price rates on session fees & another 15% off a second session purchase (please contact the fitness center in advance if purchasing a second session so that the discount may be applied)

**Punch cards may be used for any classes within the three different sessions offered