

PREMIER FITNESS - AT A GLANCE

RECREATION CENTER

Instructor	Class	Class #	Day	Date	Time	FM/R/NR
BEGINNERS						
Jeanette	Co-ed Weight Training Instructional	830104-01	W	11/1 - 12/20	7:45 - 8:35pm	\$42/\$56/\$84
Eileen	Yoga Essentials	830138-02	W	11/1 - 12/20	5:00 - 5:55pm	\$42/\$56/\$84
WOMAN-FOCUSED						
Rita	Core & Pelvic Floor	830116-01	W	11/1 - 12/20	4:00 - 4:55pm	\$42/\$56/\$84
Jeanette	Weight Training for Women	830102-04	TU	10/31 - 12/19	7:10 - 8:00pm	\$48/\$64/\$96
Jeanette	Weight Training for Women	830102-05	TH	11/2 - 12/21	7:10 - 8:00pm	\$42/\$56/\$84
Jeanette	Weight Training for Women	830102-06	TU&TH	10/31 - 12/21	7:10 - 8:00pm	\$79/\$105/\$158
LONGEVITY FITNESS						
Julie	Energy Healing: Live in Joy	830148-02	W	11/1 - 12/13	6:15 - 7:15pm	\$135.00
Janet-Lynn	Meditate with Singing Bowls	830142-02	SUN	11/5 - 12/17	4:45 - 5:30pm	\$36/\$48/\$72
Amy	Meditation	830129-02	TH	11/2 - 12/21	8:10 - 8:55pm	\$42/\$56/\$84
Linda	Pilates with MELT Rollers	830146-03	M	10/30 - 12/18	8:05 - 9:00pm	\$64/\$85/\$128
Janet-Lynn	Yin Yoga	830143-02	TH	11/2-12/21	4:50 - 5:45pm	\$42/\$56/\$84
CARDIO & STRENGTH						
Jeanette	Fit Express	830139-02	W	11/1 - 12/20	7:10 - 7:40pm	\$42/\$56/\$84
TRX - SUSPENSION TRAINING - Register for TRX by Oct. 20 for a 10% discount!						
Linda	TRX®	830130-08	M	10/30 - 12/18	5:15 - 6:10am	\$96/\$128/\$192
Linda	TRX®	830130-09	M	10/30 - 12/18	9:00 - 9:55am	\$96/\$128/\$192
Jeanette	TRX® - Circuit 30	830130-10	TU	10/31 - 12/19	6:25 - 6:55pm	\$48/\$64/\$96
Vicki	TRX®	830130-16	TU	10/31 - 12/19	7:00 - 7:55pm	\$96/\$128/\$192
Alison	TRX®	830130-11	W	11/1 - 12/20	9:00 - 9:55am	\$84/\$112/\$168
Linda	TRX®	830130-12	W	11/1 - 12/20	6:00 - 6:55pm	\$84/\$112/\$168
Linda	TRX®	830130-13	TH	11/2 - 12/21	7:00 - 7:55pm	\$84/\$112/\$168
KID-FOCUSED						
Carrie A.	Equalizer for Kids 10 -14 yrs	830145-02	M	10/30 - 12/11	4:10 - 4:55pm	\$48/\$63/\$94
Eileen	Meditation Yoga for Kids- 10-14years	830128-02	W	11/1 - 12/13	5:55 - 6:25pm	\$27/\$36/\$54
Linda	TRX® for Kids 10- 14 yrs	830132-02	W	11/1 - 12/13	4:10 - 4:55 pm	\$41/\$54/\$81
Carrie S.	Yoga for Kids 3-6 yrs	830109-02	F	11/3 - 12/15	10:05 - 10:50am	\$27/\$36/\$54
Eileen	Yoga for Kids 6-9 yrs	830109-05	W	11/1 - 12/13	4:10 - 4:55pm	\$27/\$36/\$54
Eileen	Yoga for Kids 10-14 yrs	830109-06	W	11/1 - 12/13	5:00 - 5:45pm	\$27/\$36/\$54

LINCOLN CENTER

Instructor	Class	Class #	Day	Date	Time	FM/R/NR
Eileen	Chair Yoga	830113-04	M	10/30 - 12/18	9:30 - 10:25am	\$48/\$64/\$96
Eileen	Chair Yoga	830113-02	TU	10/31 - 12/19	9:30 - 10:25am	\$48/\$64/\$96
Judy	Tai Ji Quan for Health	830107-02	TU	11/21 - 12/19	7:30 - 8:25pm	\$30/\$40/\$60

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