

## SUNDAY

**8:45-9:45 am**  
**Group Fight**  
 Garage  
*Lauren*

**10-11 am**  
**Spinning**  
 Garage  
*Evan*

## MONDAY

**6:15-7:15 am**  
**Group Blast (begins 7/19)**  
 KDS

**7:15-8:15 am**  
**Spin and Stretch**  
 Garage  
*Marsha*

**8-9 am**  
**Group Centergy**  
 (begins 7/19)  
 KDS

**6-7 pm**  
**Group Blast**  
 Garage  
*Lauren*

## TUESDAY

**6:15 am**  
**Group Power**  
 Garage

**7:30 am**  
**Group Core**  
 Garage  
*Evan*

**8 am**  
**Group Power**  
 Garage  
*Evan*

**9-10 am**  
**Indoor Group Power**  
 KDS  
*Laurie*

**9:30-10:30 am**  
**Spinning**  
 Garage  
*Holly*

**5-6 pm**  
**Spinning**  
 Garage  
*Annie*

**5-6 pm**  
**Group Power**  
 KDS  
*Evan*

**6 pm**  
**Group Centergy**  
 (begins 7/20)  
 KDS

**6:15 pm**  
**Yoga**  
 KDS  
*Taya*

## WEDNESDAY

**6:15-7:15 am**  
**Group Fight**  
 Garage  
*Laurie*

**7:15-8:15 am**  
**Spin and Stretch**  
 Garage  
*Marsha*

**9-10 am**  
**Group Blast**  
 Garage  
*Laurie*

**10 am**  
**Group Active**  
 Garage

**5:30 pm**  
**Group Core**  
 Garage

**6-7 pm**  
**Group Fight**  
 Garage  
*Mike*

## THURSDAY

**6:15 am**  
**Group Power**  
 Garage

**7:30 am**  
**Group Core**  
 Garage  
*Laurie*

**8 am**  
**Group Power**  
 Garage

**9:30-10:30 am**  
**Spinning**  
 Garage  
*Holly*

**5:15 pm**  
**Group Power**  
 KDS  
*Evan*

**6:15 pm**  
**Group Centergy**  
 KDS  
*Holly*

## FRIDAY

**6:15-7:15 am**  
**Spinning**  
 Garage  
*Laurie*

**7:30-8:30 am**  
**Spinning**  
 Garage  
 Evan

**8-9 am**  
**Group Fight (begins 7/16)**  
 KDS

**9-10 am**  
**Group Active**  
 (begins 7/30)  
 KDS

**9:15 am**  
**Yoga**  
 Garage  
*Pamela*

## SATURDAY

**8:45-9:45 am**  
**Group Blast**  
 Garage  
*Evan*

**\*Reservations  
 required for  
 Spinning and Group  
 Core. Please pay at  
 the Centerfit Desk**

**Room Key**  
**KDS**  
 Kaufmann Dance  
 Studio



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**Yoga**

Improve strength and flexibility through stretches, postures and breathing techniques.

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**Spinning\***

Reservations required and may be made up to seven days in advance. Two hours advance notice of cancellation required; "no shows" will be charged \$5.

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**Group Active**

One class that gives you all the training you need—cardio, strength, balance and flexibility— in just one hour. Activate your life with Group Active.

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**Group Blast**

60 minutes of cardio training using The Step to improve fitness, agility, coordination and strength.

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**Blast 30**

30 minutes of high energy cardio training.  
Group Centergy  
Combines yoga and pilates movements.

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**Group Core**

Trains you like an athlete in 30 action-packed minutes and challenges you like never before. Prevent back pain, improve athletic performance and get ripped abs.

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**Group Fight**

Fusion of martial arts and boxing movements.

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**Group Power**

Barbell program that strengthens all major muscles—for all fitness levels.

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**Zumba**

Exciting Latin moves and rhythms.

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**Group Exercise & Spinning Fees**

Centerfit Platinum: No fee  
General Members:  
\$5/class; \$80/20 adult coupons  
\$53/20 teen coupons

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**Yoga and Pilates Fees**

Centerfit Platinum: No fee  
General Members:  
\$140/20-session punch card  
(get one session FREE with filled card)  
\$70/10-session punch card  
Drop-in: \$9/member; \$12/community