

AEROBICS ROOM CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2012 Yearly Memberships EI Taxpayer Indv \$100 EI Taxpayer Fam \$150 Non-Resident Ind \$300 Non-Resident Fam \$450	30 Step Aerobics 8am Easy Step 9:15am Yoga as Therapy 10:30am Step, Strength & Sculpt 5:30pm	31 Cardio Dance 8am Body Sculpt 9am Yoga 10am	1 Zumba® 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	2 Step Aerobics 8am Yoga 9am Karate Classes Kids ages 5-8 4:45pm Beginners 9 & Up 6pm Inter (Blue belt & up) 7pm Adv (Green & up) 8pm	3 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am Zumba® 4:30pm	4 Gentle Karate 9am Yoga 10am
Short-term Memberships Per Person Daily \$7 Weekly \$25 Monthly \$35	6 Step Aerobics 8am Easy Step 9:15am Yoga as Therapy 10:30am Step, Strength & Sculpt 5:30pm	7 Cardio Dance 8am Body Sculpt 9am Yoga 10am	8 Zumba® 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	9 Step Aerobics 8am Yoga 9am Karate Classes Kids ages 5-8 4:45pm Beginners 9 & Up 6pm Inter (Blue belt & up) 7pm Adv (Green & up) 8pm	10 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am Zumba® 4:30pm	11 Gentle Karate 9am Yoga 10am
<u>EIPRD HOURS</u> Mon-Fri 8am to 9pm Sat 9am to 4pm Sunday Closed <u>Aerobics Fees:</u> \$1 Members \$5 Non-members	13 Step Aerobics 8am Easy Step 9:15am Yoga as Therapy 10:30am Step, Strength & Sculpt 5:30pm	14 Cardio Dance 8am Body Sculpt 9am Yoga 10am	15 Zumba® 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	16 Step Aerobics 8am Yoga 9am Karate Classes Kids ages 5-8 4:45pm Beginners 9 & Up 6pm Inter (Blue belt & up) 7pm Adv (Green & up) 8pm	17 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am Zumba® 4:30pm	18 Gentle Karate 9am Yoga 10am
<u>Gentle Yoga & Yoga</u> \$2 Members \$7 Non-members All levels welcome! Hatha style yoga taught by certified instructors.	20 Step Aerobics 8am Easy Step 9:15am Yoga as Therapy 10:30am Step, Strength & Sculpt 5:30pm	21 Cardio Dance 8am Body Sculpt 9am Yoga 10am	22 Zumba® 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	23 Step Aerobics 8am Yoga 9am Karate Classes Kids ages 5-8 4:45pm Beginners 9 & Up 6pm Inter (Blue belt & up) 7pm Adv (Green & up) 8pm	24 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am Zumba® 4:30pm	25 Gentle Karate 9am Yoga 10am
<u>Yoga as Therapy</u> \$5 Members \$10 Non-members All levels welcome! Taught by a yoga certified physical therapist.	26 Step Aerobics 8am Easy Step 9:15am Yoga as Therapy 10:30am Step, Strength & Sculpt 5:30pm	27 Cardio Dance 8am Body Sculpt 9am Yoga 10am	28 Zumba® 8am Yoga as Therapy 9am Step, Strength & Sculpt 5:30pm	29 Step Aerobics 8am Yoga 9am Karate Classes Kids ages 5-8 4:45pm Beginners 9 & Up 6pm Inter (Blue belt & up) 7pm Adv (Green & up) 8pm	MAR 1 Step Aerobics 8am Body Sculpt 9:15am Gentle Yoga 10:30am Zumba® 4:30pm	