

Lower Intensity Fitness Training

L.I.F.T

FALL SCHEDULE

8532	R	Chair Yoga <i>Jean Barlow</i>	Mon, Sept 10-Oct 15		11:15-Noon	\$36 (6 wk)
8533	R		Mon, Oct 29-Dec 3	No class 11/5	11:15-Noon	\$36 (6 wk)
9356	W	Gentle Pilates <i>Judy Polite</i>	Tue, Oct 2-Nov 20		6:00-7:00 pm	\$48 (8 wk)
9330	W	Gentle Yoga Tues	Tues, Sept 11-Oct 16		9:30-10:30 am	\$36 (6 wk)
9332	W	Gentle Yoga Tues <i>Denise</i>	Tues, Oct 30-Dec 4	Limit 24 students	9:30-10:30 am	\$36 (6 wk)
9331	W	Gentle Yoga Thur <i>Michalak</i>	Thu, Sept 13-Oct 18		9:30-10:30 am	\$36 (6 wk)
9333	W	Gentle Yoga Thur	Thu, Nov 1-Dec 14	No class 11/22	9:30-10:30 am	\$36 (6 wk)
8521	R	Line Dancing-Adv/Show Troupe	Tues, Sept 11-Dec 11	Class is invite only	11-Noon	\$2 Drop In
9322	W	Line Dancing - Beginner	Thur, Sept 13-Oct 18		11:45-12:45pm	\$6 \$38 (8 wk)
9323	W		Thur, Nov 1-Dec 13	No class 11/22	11:45-12:45pm	Drop-In \$38 (8 wk)
9324	W	Line Dancing - Intermediate	Thur, Sept 13-Oct 18		10:30-11:30am	\$6 \$38 (8 wk)
9325	W		Thur, Nov 1-Dec 13	No class 11/22	10:30-11:30am	Drop-In \$38 (8 wk)
8505	R	Keep Moving - Arthritis Exercise	M,W,F Sept 5-Dec 21	No class 11/23	10-10:40 am	No Charge
8543	R	Pickleball (Bring own paddle)	T&Th Sept 4-Dec 20	No class 11/6 & 11/23	12:30-2:30 pm	\$2 Drop In
8544	R	Pickleball (Bring own paddle)	Wed, Sept 5-Dec 19		Noon-2:00 pm	\$2 Drop In
9354	W	Sculpt, Flex, Stretch	M,W,F Aug 13-Oct 5	8 week session No class 9/3	8-9:00 am	Fee per session \$48 2x wk \$60 3x wk
9355	W W	Sculpt, Flex, Stretch	M,W,F Oct 8-Dec 14	10 week session No class 11/23	8-9:00 am	Fee per session \$60 2x wk \$75 3x wk
8504	R	Seniors Staying Strong	M,W,F Sept 5-Dec 21	No class 11/23	9-10:00 am	No Charge
9307	W	Sword Class Advanced Tai Chi	Fri, Sept 7-Dec 21	No class 11/23	11:15-11:45 am	\$3 Drop In
8570	R	Table Tennis, Mixed Open	Tuesdays		1-3:00 pm	\$2 Drop In
8571	R		Thursdays	No class 10/11	Noon-2:00 pm	\$2 Drop In
9301	W	Tai Chi Beginner	Wed, Sept 5-Oct 24		11:30-12:30 pm	\$6 \$48 (8 wk)
9302	W		Wed, Oct 31-Dec 19		11:30-12:30 pm	Drop-In
9303	W	Tai Chi Int/Advanced	Tues, Sept 4-Oct 23		3:15-4:15 pm	\$6 \$48 (8 wk)
9304	W		Tues, Oct 30-Dec 18		3:15-4:15 pm	Drop-In
9305	W	Tai Chi Int/Advanced	Fri, Sept 7-Oct 26		10:15-11:15 am	\$6 \$48 (8 wk)
9306	W		Fri, Nov 2-Dec 21	No class 11/23	10:15-11:15 am	Drop-In \$42 (7 wk)
8541	R	Wii Fun - TV Interactive game	Thursdays ongoing	No class 10/11	10:30-Noon	No Charge
9342	W	Yin Yoga <i>Jean Barlow</i>	Thu, Sept 13-Oct 18		6:30-7:30 pm	\$36 (6 wk)
9343	W		Thu, Nov 1-Dec 13	No class 11/22	6:30-7:30 pm	\$36 (6 wk)
9340	W	Zumba Gold	Mon, Sept 10-Dec 17		10:30-11:30 am	\$23 = 4 punch
9398	W		Wed, Sept 12-Dec 19	No class 10/8	10:30-11:30 am	\$60 = 11 punch \$6/ \$7 NR Drop In

R: Romeo Center

W: Washington Center

\$6 additional per session for non-residents