***The Right Fit Fall Fitness Classes***

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| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **8 a.m.** | Aerobics 1 |  | Aerobics 1 |  | Circuit Training | Tai Chi |
| **9 a.m.** | Aqua Aerobics 1 | Step Aerobics 2 | Step Aerobics 2 | Yoga 1 | Yoga 1 | Aqua Aerobics 1 |
| **10 a.m.** | Yoga 2 | Pilates 2 | Yoga 2 | Pilates 2 | Yoga 2 | Pilates 2 |
| **5 p.m.** | Indoor Cycling 2 | Indoor Cycling 2 | Yoga 1 | Indoor Cycling 2 | Yoga 1 |  |
| **6 p.m.** | Cross Training 3 | **Yoga 3** | Cross Training 3 |  |  |  |
| **7 p.m.** | Pilates 2 | **Yoga 3** | Pilates 2 | **Yoga 3** | **Yoga 3** |  |

# Fitness Class Prices

Level 1 Classes $12.00/class $30.00/week

Level 2 Classes $15.00/class $35.00/week

Level 3 Classes $18.00/class $45.00/week