**The Right Fit Winter Fitness Classes**

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| **Level 1** |  |
| **Level 2** |  |
| **Level 3** |  |

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| **Time** | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **8 a.m.** | Tai Chi | 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.** | Yoga 1 | 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

