## **Catonsville Family Center Y**

## HEALTH & WELL-BEING Spring II: 4/28/14 - 6/15/14

(7 week session with 8<sup>th</sup> week reserved for make-ups, if needed)

Sunday	Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	
	5:40-6:20am Cycle(07)CS		5:40-6:20am Cycle(09)CS	5:40-6:20am Cycle(07)CS	5:40-6:20am Cycle(09)CS	5:40-6:20am Cycle(07)CS	7:00-8:00am Body Pump(03)PR	
	5:45-6:30am Body Pump(04)		6:00-6:30am CXWORX(01)PR	6:30-7:00am CXWORX(01)PR	6:00-6:30am CXWORX(01)PR	5:45-6:30am Body Pump(04)	7:15-8:30 Cycle (09)CS	
9:00-10:00am Scuba Hut	6:30-7:00am CXWORX(01)		8:00-9:00am Yoga(02)PR	8:00-9:00am Yoga(01)PR	8:00-9:00am Zumba(02)PR	6:30-7:00am CXWORX(01)PR	8:10-9:00am Step & Strong(06)PF	
	7:45-8:45am Everfit(01)PR		9:00-9:50am Cardio Dance (01)PR	9:15-10:00am Core Conditioning (10)PR	9:00-10:00am Yoga(03)PR	7:45-9:00am Yoga(02)PR	9:00-9:30am CXWORX(03)PR	
4:00-5:00pm Small Group Training Strength Builder	9:00-9:45am Ballet Stretch(01)CS		9:15-10:00am Cycle(16)CS	10:00-10:45am Body Sculpt(01)PR	9:15-10:00am Cycle(16)CS	9:05-10:05pm Cardio Dance(02) PR	9:00-10:00am Cycle(05)CS	
	9:15-10:00am Core Conditioning (10)PR		10:00-10:45am Boot Camp(01)PR	10:00-10:45am Cycle(01)CS	10:00-10:45am Boot Camp(01)PR	10:05-10:50am Body Sculpt(01)PR	9:30-10:25am Yoga (03)PR	
	10:00-10:4 Body Sculpt(		5:15-6:15pm Cycle(08)CS	4:00-5:00pm Small Group Training Cardio & Strength		6:00-6:30pm Body Sculpt(02)PR		
1:00-2:30pm MS Social(02)	5:20-6:25pm Cycle(08)CS		6:00-7:00pm Body Sculpt(02)	6:00-7:00pm Cycle (08)	5:15-6:15pm Cycle(08)CS	6:30-7:00pm Step & Strong(02) PR	PR = Program	
4:00-6:00pm Facility Rental	5:45-6:30 Boot Camp (	•	7:05-8:05 Yoga(04)PR	7:00-8:00pm Step & Strong(03)PR	6:00-7:00pm Body Pump(02)PR	7:00-8:00pm Body Pump(01)PR	Room  CS = Cycle Studio	
,	6:30-7:00 CXWORX(0	•	8:05-9:05pm Zumba(01) PR	8:00-9:00pm Body Pump(05)PR	7:05-8:05 Yoga(04)PR	8:00-8:30pm CXWORX(04)PR		
	7:00-8:00 Step & Strong	•		9:10-9:40pm CXWORX(04)PR	8:05-9:05pm Zumba(01) PR			
	8:00-9:00pmCore							
			Health &	well-being Prog	ram Fees			
MEMBER ONLY-FREE	CLASSES*	Fee Ba	sed Open Programs					
rogram No. Class Na	me	Progra	m No. Class Name	Member Rat	e Youth Rate Ope	n Rate		
02178 BODYPUMP		02231	Ballet Stretch	\$15	\$	30		
02176 Body Sculpt						Personal T	raining	
2152 Boot Camp						This program	m is led by a certified	
2182 Core Conditioning							ainer. Personal training around your needs	
2158 CXWorX						and your sc	hedule. Must purchase	
2167 Cycle		Member rate Drop in Open Rate				n Rate in packages	•	
02372 Everfit	372 Everfit		2285 SGT Strength Builder \$70 \$20 N/A				rly Rate / 30 min. Rate	
236 Pilates				· · ·		1 Session	\$65	
02161 Step-n-9	Step-n-Strong 2		SGT Power Super Sets	\$70 \$	20 N/A	3 Sessions	\$189 \$117	
)2231 Yoga		2287	SGT Cardio and Strengt	h \$70 \$.	20 N/A	6 Sessions	\$366 \$227	
		2288	SGT Total Body Burn	\$70 \$	520 N/A	12 Sessions	\$ \$708 \$442	
02231 Yoga		2288	SGT Total Body Burn		s20 N/A	12 Sessions		

these programs, please inquire about our membership options.