Catonsville Family Center Y

HEALTH & WELL-BEING Summer: 6/16/14 - 8/17/14

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

Monday 5:40-6:20am Cycle(07)CS 5:45-6:30am ody Pump(04) 6:30-7:00am CXWORX(01) 7:45-8:45am Everfit(01)PR 0:15-10:00am ore Conditioning (10)PR 0:00-10:45am dy Sculpt(01)PR 5:20-6:25pm Cycle(08)CS 5:45-6:30pm	Tuesday 5:40-6:20am Cycle(09)CS 6:00-6:30am CXWORX(01)PR 8:00-9:00am Yoga(02)PR 9:15-10:00am Cycle(16)CS 10:00-10:45am Boot Camp(01)PR 5:15-6:15pm Cycle(08)CS 6:00-7:00pm Body Pump (02)	Wednesday 5:40-6:20am Cycle(07)CS 6:30-7:00am CXWORX(01)PR 8:00-9:00am Yoga(01)PR 9:15-10:00am Core Conditioning (10)PR 10:00-10:45am Body Sculpt(01)PR 10:00-10:45am Cycle(01)CS 4:00-5:00pm Small Group Training Cardio & Strength 6:00-7:00pm Cycle (08)	Thursday 5:40-6:20am Cycle(09)CS 6:00-6:30am CXWORX(01)PR 9:00-10:00am Yoga(03)PR 9:15-10:00am Cycle(16)CS 10:00-10:45am Boot Camp(01)PR	5:40-6 Cycle(5:45-6 Body Pt 6:30-7 CXWOR 7:45-9 Yoga(9:00-1 Cardio K	0:20am (07)CS 5:30am (ump(04) 7:00am (01)PR 9:00am (02)PR 0:00am ickboxing (01) 10:50am ulpt(01)PR	Saturday 7:00-8:00am Body Pump(03)PR 7:15-8:30 Cycle (09)CS 8:10-9:00am Step & Strong(06)PI 9:00-9:30am CXWORX(03)PR 9:00-10:00am Cycle(05)CS 9:30-10:25am Yoga (03)PR
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ot Camp (02)PR	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		PR = Program Room
6:30-7:00pm XWORX(03)PR	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		CS = Cycle Studio
7:00-8:00pm 0 & Strong(03)PR 00-9:00pmCore • Conditioning(1)		9:10-9:40pm CXWORX(04)PR	8:05-9:05pm Zumba(01) PR			
	Health &	well-being Prog	ram Fees			
SSES* Fee E						
Progra	am No. Class Name	Member Rat	e Youth Rate Ope	n Rate		
0223	1 Ballet Stretch	\$15	\$	30	Personal T	raining
						m is led by a certified
						ainer. Personal training around your needs
ning						hedule. Must purchase
					, ,	
		Member rate	Drop in Ope	n Rate	_	rly Rate / 30 min. Rat
2285	SGT Strength Builder	\$70 \$2	20 N/A		1 Session	\$65
	-	<u>`</u>	·		3 Sessions	\$189 \$117
2286	SGT Power Super Sets	\$70 \$.	ZU N/A		6 Sessions	\$366 \$227
2287	SGT Cardio and Strengt	h \$70 \$2	20 N/A		12 Sessions	\$708 \$442
2288	SGT Total Body Burn	\$70 \$	\$20 N/A		18 Sessions	\$1,026 \$645
	5:30-7:00pm XWORX(03)PR 7:00-8:00pm 0 & Strong(03)PR 00-9:00pmCore 1	5:30-7:00pm	### Signature Si	5:30-7:00pm	Signored Signored	5:30-7:00pm 8:05-9:05pm 2umba(01) PR 8:00-9:00pm 7:05-8:05 8:00-8:30pm 7:00-8:00pm 9:10-9:40pm 8:05-9:05pm 2umba(01) PR 2u

these programs, please inquire about our membership options.