DRUID HILL FAMILY CENTER Y

HEALTH & WELL-BEING SPRING II: 4/28/2014-6/22/2014

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-9:45 am Silver Sneakers (S)		9:00-9:45 am Silver Sneakers (S)			
						9:30-10:15 am Body Sculpt (S)
						10:30-11:15 am Core Conditioning (S)
						Y-Pong Table Tennis (S) 11:30am—1:00pm
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	6:00-6:45 pm Cardio Blast L1 (S)		6:15-7:00 pm Step-N-Strong (S)			
		6:30-7:15 pm Cycle (CS)	Y-Pong Table Tennis (Multipurpose Room) 6:45-8:00pm	6:30-7:15 pm Cycle (CS)		S = Aerobics
	7:00-7:45 pm Urban Line Dance (S)	7:00-7:45 pm Yoga (MPR)	7:00-7:45 pm Cardio Blast L2 (S)			Studio MPR = Multipur-
						pose Room CS = Cycle Studio
						WC = Wellness Center

Health & well-being Program Fees

MEMBER ONLY-FREE CLASSES*		Fee Based Open Programs						
Class Name	Program No.	Class Name	Member Rate	Youth Rate	Open Rate			
Cardio Blast								
Step-N-Strong	14430	Y-Pong			\$40			
Cycle	02285	SGT-Strength Builder	\$70		\$140			
Body Sculpt	02286	SGT-Power Super Set	\$70		\$140			
Core Conditioning	02288	SGT-Total Body Burn	\$70		\$140			
Dance Aerobics	02289	SGT-Extreme Total Body Bur	n \$70		\$140			
Silver Sneakers								
Urban Line Dancing								
Zumba								
Yoga								
	*Free progra	*Free programs are reserved for members only. If you would like to participate in						
	these progra	these programs, please inquire about our membership options.						
	Class Name Cardio Blast Step-N-Strong Cycle Body Sculpt Core Conditioning Dance Aerobics Silver Sneakers Urban Line Dancing Zumba	Class Name Program No. Cardio Blast Step-N-Strong 14430 Cycle 02285 Body Sculpt 02286 Core Conditioning 02288 Dance Aerobics 02289 Silver Sneakers Urban Line Dancing Zumba Yoga *Free program *Free program *Free program **Free program **Tree program **Tree program **Free program **Free program **Tree program **Tre	Class Name Program No. Class Name Cardio Blast Step-N-Strong 14430 Y-Pong Cycle 02285 SGT-Strength Builder Body Sculpt 02286 SGT-Power Super Set Core Conditioning 02288 SGT-Total Body Burn Dance Aerobics 02289 SGT-Extreme Total Body Bur Silver Sneakers Urban Line Dancing Zumba Yoga *Free programs are reserved for members	Class Name Program No. Class Name Member Rate Cardio Blast Step-N-Strong 14430 Y-Pong Cycle 02285 SGT-Strength Builder \$70 Body Sculpt 02286 SGT-Power Super Set \$70 Core Conditioning 02288 SGT-Total Body Burn \$70 Dance Aerobics 02289 SGT-Extreme Total Body Burn \$70 Silver Sneakers Urban Line Dancing Zumba Yoga *Free programs are reserved for members only. If you we	Class Name Program No. Class Name Member Rate Youth Rate Cardio Blast Step-N-Strong 14430 Y-Pong Cycle 02285 SGT-Strength Builder \$70 Body Sculpt 02286 SGT-Power Super Set \$70 Core Conditioning 02288 SGT-Total Body Burn \$70 Dance Aerobics 02289 SGT-Extreme Total Body Burn \$70 Silver Sneakers Urban Line Dancing Zumba Yoga *Free programs are reserved for members only. If you would like to pa			