

**GBYMCA GROUP FITNESS PROGRAM FOR 2008 SPRING 2 SESSION
WINOOSKI COMMUNITY CENTER**

Class Name	Days	Time	Cost \$ Member/Non-Member
Group Fitness Pass	All	Various	Free/120
Butts & Guts	Th Sat	5:30-6:25 pm 9-10 am	Free/70 Free/70
Cardio Kick & Sculpt	M	5:30-6:25 pm	Free/70
Reebok Core	W F	12:10-12:50 pm 5:30-6:30 pm	Free/70 Free/70
Rope & Sculpt	M Su	12:10-12:50 pm 9-10 am	Free/70 Free/70
Step & Sculpt	W	5:30-6:25 pm	Free/70
Trifecta	F	12:10-12:50 pm	Free/70
Spirit Mind & Body			
Pilates	T	9-10 am	45/90
Yoga	Th	9-10 am	45/90
Older Adults			
Senior Balance	W	9:30-10:30 am	Free/48
Senior Strength	M F	9:30-10:30 am	32/64
Dance			
Latin Caribbean Cardio Dance	Th	6:30-7:30 pm	45/90
West African Dance	T	5:30-7pm	45/90
Yoga Dance	W	6:30-7:30 pm	45/90
High Performance Living Workshop with Dr. Stuart Offer	Th	5:30-6:00 pm	56/112
The LEARN Program for Weight Management with Dr. Stuart Offer	Th	6:00-7:00 pm	85/145
Spin Classes	All	Various	30/60 per class
Spinning 10 Ride Punch Pass	All	Various	30/60 10 rides expires
AM Spin	M W F	6:30-7:25 am	90 days from purchase
Extended Spin	T	7:10-8:25 pm	Drop-in 6/12
Lunch Time Spin	T Th	12:10-12:50 pm	