



Marv Jenson Fitness & Recreation



Fall 2009 Group Fitness Schedule

EACH PARTICIPANT MUST OBTAIN A CLASS PASS FROM THE FRONT DESK!

Classes are subject to change at any time!

Land Fitness

Aqua Fitness

Monday

5:30 to 6:30 am Cardio Mix (Jan)
 9:00 to 10:15 am Cardio Kick box (Ralyenne)
 **9:00 to 10:00 am Super Circuit (Pam V.)
 6:00 to 6:45 pm Cardio Blitz (Allison)
 6:45 to 7:15 pm Body Condition (Allison)



7:00 to 8:00 am Total Body Circuit (Cindy)
 2:00 to 3:00 pm **Open Swim/NO INSTRUCTOR**
 7:30 to 8:30 pm Calorie Burn (Santee)

Tuesday

5:30 to 6:30 am Firm Physiques (Ralyenne)
 9:00 to 10:15 am Step-n-Strength (Amy)
 7:00 to 8:30 pm Cardio Kick box (Tiffany)

7:00 to 8:00 am Calorie Burn (Cindy)
 9:00 to 10:00 am Super Power Hour (Collette)
 2:00 to 3:00 pm **Open Swim/NO INSTRUCTOR**

Wednesday

5:30 to 6:30 am Cardio all the Weigh (Karissa)
 9:00 to 10:00 am Cardio Abs (Ralyenne)
 **9:00 to 10:00 am Super Circuit (Ana)
 10:00 to 10:45 am Pilates (Pam V.)



7:00 to 8:00 am **Open Swim/NO INSTRUCTOR**
 2:00 to 3:00 pm **Open Swim/NO INSTRUCTOR**



6:00 to 7:15 pm Pilates (Allison)

Thursday

**5:30 to 6:30 am Super Circuit (Aly)
 9:00 to 10:15 am Cardio-Up/Stretch It Out (Ana)
 6:00 to 7:00 pm Rock Bottoms & Tight Turns (Pam V.)
 7:00 to 8:30 pm Cardio Kick box (Ralyenne)
 8:30 to 9:30 pm Yoga (Ralyenne/Ana)

7:00 to 8:00 am Calorie Burn (Cindy)
 9:00 to 10:00 am Crazy w/ Noodles (Collette)
 2:00 to 3:00 pm **Open Swim/NO INSTRUCTOR**
 7:30 to 8:30 pm The Works (Ann V.)

Friday

5:30 to 6:30 am Cycling Plus (Santee)
 9:00 to 10:30 am Combo Challenge (Ana)

7:00 to 8:00 am **Open Swim/NO INSTRUCTOR**
 9:00 to 10:00 am **Open Swim/NO INSTRUCTOR**

Saturday

8:30 to 10:30 am Cardio Boot Camp (Allison)

8:00 to 9:00 am Weekend Warriors (Marsha)

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Pricing Information

Daily Pass (age 14 & older)-\$4.00
 Monthly Pass (age 14 & older)-\$28.00
 Senior Daily Pass-\$3.00
 Senior Monthly Pass-\$20.00
 Monthly Gold Membership-\$40.00
 Annual Gold Membership-\$316.00



Contact

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*****CORPORATE RATES ARE AVAILABLE*****