

Edward Jones

FINANCIAL
ADVISORS
John Cox

Senior Strength 2012 Schedule



As of September 1, 2011

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m. GYM		Basic Strength Paul		Basic Strength Paul	
8:30 a.m. GXR/GYM	Piloxing LO Brandi	Basic Strength Paul	Zumba LO Angie	Basic Strength Paul	Zumba LO Angie
9:10 a.m. GYM		Triple Fit-50 Marcia		Triple Fit-50 Barb	
8:35 a.m. POOL	*Senior Water* Angie		*Senior Water* Christina		*Senior Water* Christina
10:00 a.m. GYM		Basic Strength Paul		Basic Strength Paul	
10:45 a.m. POOL	*Arthritis* Angie		*Arthritis* Christina		*Arthritis* Christina

Drop-In for all classes excluding
Water Classes: \$3.00

**Ages 55
and Up**

Senior Strength Card:
20 Visits=\$40

For Senior Strength ONLY!
**DOES NOT INCLUDE WATER
CLASSES**



Water Class Prices

\$5.00 Per Class

20 Class Pass:

VRC Member: \$40

Resident: \$50

Non-Resident: \$70