

HIGH PERFORMANCE STUDIO #2

RUN IN SESSIONS: 12 ROUNDS AND 12 ROUNDS KIDS

MONTHLY: JUMP STRETCH ATHLETIC AND BASIC

SEE BELOW FOR MORE REGISTRATION INFORMATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30AM	BASIC JUMP STRETCH CARL		BASIC JUMP STRETCH CARL		BASIC JUMP STRETCH CARL	
10:00-11:00AM						12 ROUNDS CLEMATE
11:15AM - 12:00PM						12 ROUNDS KIDS CLEMATE
3:45-4:45PM	ATHLETIC JUMP STRETCH CARL		ATHLETIC JUMP STRETCH CARL			12:30-1:30 PM JUMP STRETCH ORIENTATION
5:15-6:15PM		ATHLETIC JUMP STRETCH CARL		ATHLETIC JUMP STRETCH CARL	12 ROUNDS CLEMATE	
5:30-6:30PM			12 ROUNDS CLEMATE			
6:15-7:15PM	12 ROUNDS CLEMATE					
6:30-7:30PM		BASIC JUMP STRETCH CARL		KIDS UNLIMITED FITNESS CARL & CLEMATE		

FREE WITH MEMBERSHIP CLASSES ARE IN ORANGE. CLASSES IN BOLD ARE PAID.

YOU MUST BE ON THE ROSTER TO ATTEND THE CLASSES. PLEASE SIGN UP AT THE FRONT DESK.

WINTER SESSION (CLASSES TAKE PLACE): APRIL 9 – MAY 20TH, 2018

REGISTRATION FOR 12 ROUNDS

FEES: REGISTER FOR THE DAY AND TIME YOU WILL BE ATTENDING (CLASS PRICES ARE FOR THE SESSION)

1 CLASS/WEEK = MEMBERS \$5; NON-MEMBERS \$27.50

2 CLASSES/WEEK = MEMBERS \$10; NON-MEMBERS \$55

3 CLASSES/WEEK = MEMBERS \$15; NON-MEMBERS \$82.50

4 CLASSES/WEEK = MEMBERS \$20; NON-MEMBERS \$110

REGISTERING FOR ONE CLASS AND ATTENDING A DIFFERENT DAY AND TIME IS NOT PERMITTED.

REGISTRATION FOR 12 ROUNDS KIDS AND KIDS UNLIMITED FITNESS

FEES: MEMBERS, PLEASE REGISTER AT THE FRONT DESK EVEN THOUGH THE CLASS IS FREE.

FEES: NON-MEMBERS: \$55/SESSION FOR 12 ROUNDS KIDS NON-MEMBERS: \$55/SESSION FOR KIDS UNLIMITED FITNESS

MONTHLY REGISTRATION/NOT ON THE SESSION CLASS REGISTRATION INFORMATION

REGISTRATION FOR ATHLETIC JUMP STRETCH: RUNS ON THE MONTH; NO PRORATING

REGISTRATION IS ROLLING, BUT CLASSES RUN THE 1ST OF THE MONTH TO THE END OF THE MONTH

FEES: \$10 FOR MEMBERS; \$55 FOR NON-MEMBERS (NO PRORATING) – 2 CLASSES A WEEK

REGISTERING FOR BASIC AND ATTENDING ATHLETIC ISN'T PERMITTED.

REGISTRATION FOR BASIC JUMP STRETCH: RUNS ON THE MONTH; NO PRORATING

MEMBER REGISTRATION NOT REQUIRED. CLASS IS FREE WITH MEMBERSHIP.

PROGRAM MEMBER REGISTRATION REQUIRED. NON/PROGRAM-MEMBERS: \$55 PER MONTH UNLIMITED BASIC JUMP STRETCH

REGISTRATION FOR EXTREME KIDS

SESSION INFORMATION: 12 CLASSES PER SESSION – NEXT REGISTRATION IS TBA