



HULA WORKSHOP

Midtown
Group Fitness Studio

July
8,9,15, 16

Tuesday/Wednesday
7:15-8:45pm
(both continuing class)

\$40 member
\$80 nonmember

Instructor:
Wailani Avilla

Ages 14 and up

July

Adult
schedule

KARATE

Eagle River
Group Fitness Studio

Tuesday/Thursday
7:05-8:05pm
and
Friday
6-7pm
(continuing class)

Ind. memb.: \$15/mo
Fam. memb.: \$30/mo
Ind. non-mem.: \$45/mo
Fam. non-mem.: \$95/mo

Instructor:
Kevin Hagensieker
Ages 12 and up

TAI CHI

South
Studio II

Mondays
(continuing class)
6-7pm

\$10 month/members
\$45 month/nonmembers

Instructor:
Byron Allen

Tang Soo Do

East
Upper Group Fitness
Studio

Tuesday/Thursday
7-8:30am

or
Monday/Wednesday
7:30-8:45pm
(both continuing class)

\$40 member
\$64 nonmember

Instructor:
Mark Pagano

KARATE

South
Studio II

Wednesday/Friday
(continuing class)
7:05-8:05pm

\$10 month/members
\$45 month/nonmembers

Instructor:
Dan Rogers

Ages 12 and up

