



LAKWOOD-TRUMBULL YMCA PROGRAM SCHEDULE



2010 Winter Programs

Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
Dance	Combo 3-4 Non-performing	3-4 yrs	January 4th - March 15th	Monday	10:45 am - 11:30 am	\$ 110.00	\$ 165.00	Family Program Center
		3-4 yrs	January 5th - March 16th	Tuesday	11:00 am - 11:45 am	\$ 110.00	\$ 165.00	
	Combo 4-5 Non-performing	4-6 yrs	January 4th - March 15th	Monday	3:15 pm - 4:00 pm	\$ 110.00	\$ 165.00	
		4-5 yrs	January 4th - March 15th	Monday	10:00 am - 10:45 am	\$ 110.00	\$ 165.00	
	Hip Hop 8-12 Non-performing	8-12 yrs	January 8th - March 19th	Friday	6:30 pm - 7:30 pm	\$ 110.00	\$ 165.00	
	Adult Hip Hop	16 yrs & up	January 8th - March 19th	Friday	7:30 pm - 8:30 pm	\$ 110.00	\$ 165.00	
	Adult Ballet	16 yrs & up	January 6th - March 17th	Wednesday	7:00 pm - 8:00 pm	\$ 110.00	\$ 165.00	
Mommy & Me Non-performing	2 yrs	January 6th - March 17th	Wednesday	9:30 am - 10:00 am	\$ 88.00	\$ 143.00		
Fitness	Circuits & Strength	Adult	January 5th - March 16th	Tuesday	9:15 am - 10:00 am	Free	\$ 155.00	Family Program Center
	Easy Does It	Adult	January 4th - March 19th	M, T, Th, F	11:00 am - 12:00 pm	Free	\$40.00/1x wk	
			January 4th - March 19th	M, T, Th, F	11:00 am - 12:00 pm	Free	\$85.00/2x wk	
			January 4th - March 19th	M, T, Th, F	11:00 am - 12:00 pm	Free	\$135.00/3x wk	
			January 4th - March 19th	M, T, Th, F	11:00 am - 12:00 pm	Free	\$175.00/4x wk	
	PACT Class	12 & 13 yrs	January 4th - March 20th	Appointment	Appointment Only	Free	N/A	
	Pilates One on One	Adult	January 4th - March 20th	Appointment	Appointment Only	\$60.00/1x	N/A	
	College Unlimited Fitness Pass	Adult	December 14th - January 31st	Mon - Sun		Free	\$ 75.00	
	Unlimited Fitness Pass	Adult	January 4th - March 27th	All Classes	All Group Ex. Classes	Free	\$ 210.00	
	Y Be Fit Kids	7 to 11 yrs	January 9th - March 20th	Saturday	12:15 pm - 1:00 pm	Free	\$ 110.00	
Women's Strength Training	Adult	January 4th - February 11th	Mon & Thurs	9:30 am - 10:30 am	\$ 160.00	\$ 200.00		
Family Boot Camp	Family	January 10th - March 21st	Sunday	12:00 pm - 1:00 pm	\$ 40.00	\$ 120.00		
Youth Strength Training	14 to 18 yrs	January 4th - February 10th	Mon & Wed	4:00 pm - 5:00 pm	\$ 115.00	\$ 180.00		
Preschool Gymnastics	Acro Cats I	4 1/2 - 6 years	January 4th - March 22nd	Monday	10:15 am - 11:00 am	\$ 152.00	\$ 195.00	Family Program Center
			January 5th - March 23rd	Tuesday	9:15 am - 10:00am	\$ 152.00	\$ 195.00	
			January 5th - March 23rd	Tuesday	1:30 pm - 2:15 pm	\$ 152.00	\$ 195.00	
			January 7th - March 25th	Thursday	11:15am - 12:00 pm	\$ 152.00	\$ 195.00	
			January 7th - March 25th	Thursday	1:30 pm - 2:15 pm	\$ 152.00	\$ 195.00	
			January 9th - March 27th	Saturday	9:20 am - 10:05 am	\$ 152.00	\$ 195.00	
	Acro Cats II	4 1/2 - 6 years	January 4th - March 22nd	Monday	1:30 pm - 2:20 pm	\$ 152.00	\$ 195.00	
			January 7th - March 25th	Thursday	10:15 am - 11:05 am	\$ 152.00	\$ 195.00	
	Bouncing Bears	3 years	January 4th - March 22nd	Monday	9:15 am - 10:00 am	\$ 152.00	\$ 195.00	
			January 5th - March 23rd	Tuesday	10:15 am - 11:00 am	\$ 152.00	\$ 195.00	
			January 6th - March 24th	Wednesday	11:15 am - 12:00 pm	\$ 152.00	\$ 195.00	
	Discovery Dolphins	3 - 5 years	January 8th - March 26th	Friday	9:15 am - 11:15 am	\$ 195.00	\$ 233.00	
			January 8th - March 26th	Friday	12:30 pm - 2:30 pm	\$ 195.00	\$ 233.00	
	Flipping Frogs	4 - 6 years	January 5th - March 23rd	Tuesday	12:30 pm - 1:15 pm	\$ 152.00	\$ 195.00	
			January 7th - March 25th	Thursday	9:15 am - 10:00am	\$ 152.00	\$ 195.00	
	Hoppin Tots	2 - 3 1/2 years	January 4th - March 22nd	Monday	11:15 am - 12:00 pm	\$ 152.00	\$ 195.00	
January 6th - March 24th			Wednesday	9:15 am - 10:00am	\$ 152.00	\$ 195.00		
January 9th - March 27th			Saturday	8:30 am - 9:15 am	\$ 152.00	\$ 195.00		

Visit the front desk to learn about our new two payment option with early registration

\$10.00 late fee charge for Gymnastics Programs after January 3rd



LAKEWOOD-TRUMBULL YMCA PROGRAM SCHEDULE



2010 Winter Programs

Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
Preschool Gymnastics (cont.) Visit the front desk to learn about our new two payment option with early registration. \$10.00 late fee charge for Gymnastics Programs after January 3rd	Preschool Open Gym	18+ months	January 4th - March 22nd	Monday	12:30 pm - 1:15 pm	\$ 5.00	\$ 10.00	Family Program Center
			January 6th - March 24th	Wednesday	10:15 am - 11:00 am	\$ 5.00	\$ 10.00	
			January 8th - March 26th	Friday	11:30 am - 12:15 pm	\$ 5.00	\$ 10.00	
	Tumbling Tigers	3 1/2 - 4 1/2 yrs.	January 4th - March 22nd	Monday	9:15 am - 10:00 am	\$ 152.00	\$ 195.00	
			January 5th - March 23rd	Tuesday	11:15 am - 12:00 pm	\$ 152.00	\$ 195.00	
			January 6th - March 24th	Wednesday	1:30 pm - 2:15 pm	\$ 152.00	\$ 195.00	
			January 7th - March 25th	Thursday	12:30 pm - 1:15 pm	\$ 152.00	\$ 195.00	
			January 9th - March 27th	Saturday	9:20 am - 10:05 am	\$ 152.00	\$ 195.00	
			January 10th - March 21st	Sunday	9:30 am - 10:30 am	\$ 106.00	\$ 106.00	
	Exceptional Dynamic Gymnast	4-13 yrs old	January 10th - March 21st	Sunday	10:30 am - 11:30 am	\$ 106.00	\$ 106.00	
January 10th - March 21st			Sunday	10:30 am - 11:30 am	\$ 106.00	\$ 106.00		
Afterschool Gymnastics Boys Visit the front desk to learn about our new two payment option with early registration. \$10.00 late fee charge for Gymnastics Programs after January 3rd	Boys Level I	K - 12th Grade	January 4th - March 22nd	Monday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00	Family Program Center
			January 6th - March 24th	Wednesday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00	
			January 8th - March 26th	Friday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00	
			January 9th - March 27th	Saturday	11:20 am - 12:20 pm	\$ 170.00	\$ 202.00	
	Boys level I Advanced	K - 12th Grade	January 8th - March 26th	Friday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00	
			January 6th - March 24th	Wednesday	5:15 pm - 6:15 pm	\$ 170.00	\$ 202.00	
	Boys Level II	K - 12th Grade	January 6th - March 24th	Wednesday	5:15 pm - 6:15 pm	\$ 170.00	\$ 202.00	
Afterschool Gymnastics Girls Visit the front desk to learn about our new two payment option with early registration. \$10.00 late fee charge for Gymnastics Programs after January 3rd	Girls Accelerated I	K - 12th Grade	January 8th - March 19th	Friday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00	Family Program Center
			January 4th - March 15th	Monday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00	
			January 8th - March 19th	Mon. & Fri.	4:15 pm - 5:15 pm	\$ 212.00	\$ 254.00	
	Girls Accelerated II	K - 12th Grade	January 5th - March 18th	Tues. & Thurs.	4:15 pm - 5:15 pm	\$ 212.00	\$ 254.00	
	Girls Level I	K - 12th Grade	January 4th - March 15th	Monday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00	
			January 6th - March 17th	Wednesday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00	
			January 6th - March 17th	Wednesday	5:15 pm - 6:15 pm	\$ 170.00	\$ 202.00	
			January 8th - March 19th	Friday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00	
			January 9th - March 27th	Saturday	10:15 am - 11:15 am	\$ 170.00	\$ 202.00	
			January 9th - March 27th	Saturday	11:20 am - 12:20 pm	\$ 170.00	\$ 202.00	
	Girls Level I Advanced	K - 12th Grade	January 4th - March 15th	Monday	5:15 pm - 6:15 pm	\$ 170.00	\$ 202.00	
			January 6th - March 17th	Wednesday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00	
			January 6th - March 17th	Wednesday	5:15 pm - 6:15 pm	\$ 170.00	\$ 202.00	
			January 8th - March 19th	Friday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00	
			January 9th - March 27th	Saturday	11:20 am - 12:20 pm	\$ 170.00	\$ 202.00	
	Girls Level II	K - 12th Grade	January 4th - March 15th	Monday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00	
			January 6th - March 17th	Wednesday	5:15 pm - 6:15 pm	\$ 170.00	\$ 202.00	
January 8th - March 19th			Friday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00		
January 9th - March 27th			Saturday	10:15 am - 11:15 am	\$ 170.00	\$ 202.00		
January 9th - March 27th			Saturday	10:15 am - 11:15 am	\$ 170.00	\$ 202.00		



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2010 Winter Programs

Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
Afterschool Gymnastics Girls (cont.) <small>Visit the front desk to learn about our new two payment option with early registration. \$10.00 late fee charge for Gymnastics Programs after January 3rd</small>	Girls Level II Advanced	K - 12th Grade	January 6th - March 17th	Wednesday	6:15 pm - 7:45 pm	\$ 192.00	\$ 239.00	Family Program Center
			January 7th - March 18th	Thursday	4:15 pm - 5:45 pm	\$ 192.00	\$ 239.00	
			January 9th - March 27th	Saturday	10:15 pm - 11:45 pm	\$ 192.00	\$ 239.00	
	Girls Level III	K - 12th Grade	January 6th - March 17th	Wednesday	6:15 pm - 7:45 pm	\$ 192.00	\$ 239.00	
			January 7th - March 18th	Thursday	4:15 pm - 5:45 pm	\$ 192.00	\$ 239.00	
			January 6th - March 17th	Wednesday	6:15 pm - 8:15 pm	\$ 244.00	\$ 292.00	
Girls Level III Advanced	K - 12th Grade	January 6th - March 17th	Wednesday	6:15 pm - 8:15 pm	\$ 244.00	\$ 292.00		
Girls Level IV	K - 12th Grade	January 6th - March 17th	Wednesday	6:15 pm - 8:15 pm	\$ 244.00	\$ 292.00		
Cheerleading & Tumbling	Cheerleader Tumbling	6th- 12th Grade	January 4th - March 15th	Monday	3:00 pm - 4:00 pm	\$ 170.00	\$ 202.00	Family Program Center
			January 8th - March 19th	Friday	3:00 pm - 4:00 pm	\$ 170.00	\$ 202.00	
			January 4th - March 19th	Mon & Fri	3:00 pm - 4:00 pm	\$ 212.00	\$ 254.00	
	Beginner Tumbling	K - 5th Grade	January 6th - March 17th	Wednesday	4:15 pm - 5:15 pm	\$ 170.00	\$ 202.00	
Gymnastics Academy	Black Friday Academy	Preschool 3 1/2 to 5 yrs. School Aged K-6th Grade	November 27th	Friday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	Family Program Center
	Holiday Academy		December 29th	Monday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
			December 30th	Tuesday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
			December 31st	Wednesday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
		February Gymnastics Academy	K - 7th Grade	February 15th	Monday	9:00 am - 12:30 pm	\$ 30.00	
	K - 7th Grade		February 16th	Tuesday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
	K - 7th Grade		February 17th	Wednesday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
	K - 7th Grade		February 18th	Thursday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
	K - 7th Grade		February 19th	Friday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
	February Preschool Gymnastics Academy		K - 7th Grade	February 15th	Monday	9:00 am - 12:30 pm	\$ 30.00	
		K - 7th Grade	February 16th	Tuesday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
		K - 7th Grade	February 17th	Wednesday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
		K - 7th Grade	February 18th	Thursday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00	
K - 7th Grade		February 19th	Friday	9:00 am - 12:30 pm	\$ 30.00	\$ 35.00		
Martial Arts	Beginner: White, Orange & Blue Belts	6 & Older	January 4th - March 15th	Monday	6:00 pm - 7:15 pm	\$ 175.00	\$ 225.00	Family Program Center
			January 8th - March 19th	Friday	6:00 pm - 7:15 pm	\$ 175.00	\$ 225.00	
	Advanced: Green, Red & Black Belts	6 & Older	January 4th - March 15th	Monday	7:15 pm - 8:30 pm	\$ 175.00	\$ 225.00	
			January 8th - March 19th	Friday	7:15 pm - 8:30 pm	\$ 175.00	\$ 225.00	
	All Levels	6 & Older	January 7th - March 18th	Thursday	6:15 pm - 7:30 pm	\$ 175.00	\$ 225.00	
	Ninja Kids	5 - 6 years	January 8th - March 19th	Friday	5:00 pm - 5:45 pm	\$ 140.00	\$ 195.00	
	Martial Arts Package	6 & Older	January 4th - March 19th	M, Th, F	Assigned By Instructor	\$ 255.00	\$ 320.00	
	Black Belt Training	6 & Older	January 4th - March 19th	M, Th, F	Assigned By Instructor	\$ 255.00	\$ 320.00	
Weapons Class	6 & Older	January 7th - March 18th	Thursday	7:30 pm - 8:30 pm	\$ 175.00	\$ 225.00		



LAKWOOD-TRUMBULL YMCA PROGRAM SCHEDULE



2010 Winter Programs

Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
Nutrition	(1) 60 Minute Session	14 & Older	January 4th - March 20th	Appointment	Appointment Only	\$ 60.00	\$ 75.00	Family Program Center
	(2) 60 Minute Sessions	14 & Older	January 4th - March 20th	Appointment	Appointment Only	\$ 100.00	\$ 125.00	
	(3) 60 Minute Sessions	14 & Older	January 4th - March 20th	Appointment	Appointment Only	\$ 135.00	\$ 150.00	
Parents Time Out	Parents Time Out	3 & Older	November 27th	Friday	8:30 am - 1:30 pm	\$50/Family	\$60/Family	Family Program Center
			December 4th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	
			December 18th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	
			January 8th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	
			January 22nd	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	
			February 12th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	
			February 26th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	
			March 12th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family	
March 26th	Friday	6:00 pm - 9:00 pm	\$31/Family	\$41/Family				
Personal Training	Single Session Package	14 & Older	January 4th - March 20th	Appointment	Appointment Only	\$ 60.00	N/A	Family Program Center
	Basic Training Package	14 & Older	January 4th - March 20th	Appointment	Appointment Only	\$ 275.00	N/A	
	Deluxe Training Package	14 & Older	January 4th - March 20th	Appointment	Appointment Only	\$ 499.00	N/A	
	Ultimate Training Package	14 & Older	January 4th - March 20th	Appointment	Appointment Only	\$ 695.00	N/A	
	Basic Renewal Package	14 & Older	January 4th - March 20th	Appointment	Appointment Only	\$ 250.00	N/A	
	Deluxe Renewal Package	14 & Older	January 4th - March 20th	Appointment	Appointment Only	\$ 449.00	N/A	
	Ultimate Renewal Package	14 & Older	January 4th - March 20th	Appointment	Appointment Only	\$ 600.00	N/A	
	P.T. With A Partner (Basic)	14 & Older	January 4th - March 20th	Appointment	Appointment Only	\$ 415.00	N/A	
	P.T. With A Partner (Deluxe)	14 & Older	January 4th - March 20th	Appointment	Appointment Only	\$ 750.00	N/A	
P.T. With A Partner (Ultimate)	14 & Older	January 4th - March 20th	Appointment	Appointment Only	\$ 990.00	N/A		
Preschool Programs	Playtime Pals	14-24 months	January 7th - March 11th	Thursday	9:30 am - 10:15 am	\$ 118.00	\$ 164.00	Family Program Center
		25-36 months	January 7th - March 11th	Thursday	10:30 am - 11:15am	\$ 118.00	\$ 164.00	
	Stepping Stones	2 & 3 years	January 7th - March 11th	Thursday	11:30 am - 1:15 pm	\$ 156.00	\$ 198.00	
		January 8th - March 12th	Friday	11:30 am - 1:15 pm	\$ 156.00	\$ 198.00		
Special Events	Holiday Boutique	All Ages	December 5th	Saturday	9:00 am - 4:00 pm	N/A	N/A	Family Program Center
	Santa's Workshop	All Ages	December 12th	Saturday	3:30 pm - 4:30 pm	\$ 8.00	\$ 12.00	
Spinning	Spinning - Session I	Adult	January 4th - February 8th	Monday	5:30 am - 6:20 am	\$ 42.00	N/A	Family Program Center
			January 5th - February 9th	Tuesday	7:30 pm - 8:20 pm	\$ 42.00	N/A	
			January 6th - February 10th	Wednesday	5:30 am - 6:20 am	\$ 42.00	N/A	
			January 7th - February 11th	Thursday	8:30 am - 9:20 am	\$ 42.00	N/A	
			January 9th - February 13th	Saturday	8:10 am - 9:00 am	\$ 42.00	N/A	
			January 9th - February 13th	Saturday	11:00 am - 12:00 pm	\$ 42.00	N/A	
January 10th - February 14th	Sunday	9:10 am - 10:00 am	\$ 42.00	N/A				



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Program Descriptions		Ages	Dates	Days	Times	Members	Non Members	Location
Spinning	Spinning - Session II	Adult	February 15th - March 15th	Monday	5:30 am - 6:20 am	\$ 35.00	N/A	Family Program Center
			February 16th - March 16th	Tuesday	7:30 pm - 8:20 pm	\$ 35.00	N/A	
			February 17th - March 17th	Wednesday	5:30 am - 6:20 am	\$ 35.00	N/A	
			February 18th - March 18th	Thursday	8:30 am - 9:20 am	\$ 35.00	N/A	
			February 20th - March 20th	Saturday	8:10 am - 9:00 am	\$ 35.00	N/A	
			February 20th - March 20th	Saturday	11:00 am - 12:00 pm	\$ 35.00	N/A	
			February 21st - March 21st	Sunday	9:10 am - 10:00 am	\$ 35.00	N/A	
Sports	Little Dribblers Basketball	3 yrs	January 9th - March 20th	Saturday	9:00 am - 9:45 am	\$ 99.00	\$ 154.00	Family Program Center
	Youth Basketball	Pre-K	January 9th - March 20th	Saturday	10:00 am - 11:00 am	\$ 121.00	\$ 176.00	
		K-1st Grade	January 6th - March 17th	Wednesday	4:00 pm - 5:00 pm	\$ 121.00	\$ 176.00	
		2nd-3rd Grade	January 6th - March 17th	Wednesday	5:00 pm - 6:00 pm	\$ 121.00	\$ 176.00	
	Future Stars Basketball	K-1st Grade	January 9th - February 27th	Saturday	9:00 am - 10:00 am	\$ 140.00	\$ 190.00	Stepney Elementary School
		2nd-3rd Grade	January 9th - February 27th	Saturday	10:00 am - 11:00 am	\$ 140.00	\$ 190.00	
	Munchkin Tennis	4 - 6 yrs	January 9th - February 23rd	Tuesday	1:00 pm - 2:00 pm	\$ 96.00	\$ 136.00	Family Program Center
Indoor Soccer	3 - 4yrs	January 9th - February 27th	Saturday	12:00 pm - 12:45 pm	\$ 72.00	\$ 112.00		
Vacation Days	Winter Recess	K-5th Grade	December 28th	Monday	8:00 am - 6:00 pm	\$ 45.00	\$ 55.00	Family Program Center
			December 29th	Tuesday	8:00 am - 6:00 pm	\$ 45.00	\$ 55.00	
			December 30th	Wednesday	8:00 am - 6:00 pm	\$ 45.00	\$ 55.00	
	Martin Luther King Day	K-5th Grade	January 18th	Monday	8:00 am - 6:00 pm	\$ 45.00	\$ 55.00	
	February Break	K-5th Grade	February 12th	Friday	8:00 am - 6:00 pm	\$ 46.00	\$ 57.00	
			February 15th	Monday	8:00 am - 6:00 pm	\$ 46.00	\$ 57.00	
			February 16th	Tuesday	8:00 am - 6:00 pm	\$ 46.00	\$ 57.00	
Yoga	Yoga (1x per week)	Adult	January 10th - March 21st	Sunday	9:15 am - 10:30 am	\$ 110.00	\$ 150.00	Family Program Center
			January 4th - March 15th	Monday	9:00 am - 10:00 am	\$ 110.00	\$ 150.00	
			January 4th - March 15th	Monday	6:30 pm - 7:30 pm	\$ 110.00	\$ 150.00	
			January 4th - March 15th	Monday	7:40 pm - 8:40 pm	\$ 110.00	\$ 150.00	
			January 5th - March 16th	Tuesday	8:15 am - 9:30 am	\$ 110.00	\$ 150.00	
			January 6th - March 17th	Wednesday	8:30 am - 9:30 am	\$ 110.00	\$ 150.00	
			January 7th - March 18th	Thursday	7:30 pm - 8:45 pm	\$ 110.00	\$ 150.00	
			January 8th - March 19th	Friday	9:30 am - 10:45 am	\$ 110.00	\$ 150.00	
	Yoga (2x per week)	Adult	January 3rd - March 19th	Sun - Fri		\$ 205.00	\$ 295.00	
	Yoga (3x per week)	Adult	January 3rd - March 19th	Sun - Fri		\$ 195.00	\$ 445.00	
	Yoga Level II	Adult	January 5th - March 16th	Tuesday	7:30 pm - 8:45 pm	\$ 110.00	\$ 150.00	
	Pre Natal Yoga	Adult	10 class package	Saturday	8:15 am - 9:30 am	\$ 125.00	\$ 180.00	
	Yoga For Kids	7 to 10 yrs	January 7th - March 17th	Thursday	4:15 pm - 5:00 pm	\$ 110.00	\$ 185.00	
Yoga for Teens	14 - 18 yrs	January 6th - March 17th	Wednesday	4:00 pm - 5:00 pm	\$ 110.00	\$ 185.00		