

FITNESS HOURS

Monday–Thursday	5 a.m. - 9 p.m.
Friday	5 a.m. - 7 p.m.
Saturday/Sunday	7 a.m. - 6 p.m.

GROUP EXERCISE SCHEDULE

Monday

6 a.m.	Group Cycle	Heidi
8 a.m.	Pilates MAT	Toni
9 a.m.	Pure Conditioning	Brooke
9 a.m.	H2O Wellness	Sharon
10:00 a.m.	Zumba	Rosa
11:45 a.m.	Spin Circuit	Jennifer
12:45 p.m.	Yoga	Jennifer
6:00 p.m.	Cycle Core	Chris

Tuesday

6 a.m.	Pure Conditioning	Carolyn
8:15 a.m.	Group Cycle	Sharon
9:20 a.m.	Yoga	Lucy
12 p.m.	Strength Training	Colton
5:30 p.m.	Flow Yoga	Jennifer*
5:30 p.m.	Aqua Aerobics	Amy
6:30 p.m.	Zumba	Staff*

Wednesday

5:45 a.m.	Cycle Circuit	Brooke
8 a.m.	Pilates MAT	Toni
9 a.m.	Cardio Conditioning	Brooke
9 a.m.	H2O Wellness	Sharon
10:00 a.m.	Zumba	Rosa
12 p.m.	Yoga	Jennifer
5:45 p.m.	Cycle Core/75	Emily
7:00 p.m.	Flow Yoga	Lucy*

Thursday

6 a.m.	Pure Conditioning	Heidi
8:15 a.m.	Group Cycle	Lucy
9:20 a.m.	Yoga	Lucy
12 p.m.	Strength Training	Colton
5:30 p.m.	Yoga	Amy
6:30 p.m.	Zumba	Rosa*

Friday

6 a.m.	Pure Conditioning	Brooke
8 a.m.	Pilates MAT	Toni
9 a.m.	Cardio Conditioning	Lucy
9 a.m.	Aqua Aerobics	Marie
10 a.m.	Flow Yoga	Lucy
10:00 a.m.	Zumba	Sharon
11:45 a.m.	Spin Circuit	Brooke
12:45 p.m.	Yoga	Jennifer

Saturday

8 a.m.	Cycle Core/75	Staff
9:00 a.m.	Strength Training	Colton
10 a.m.	Zumba	Rosa*

* 45 minute class

** 30 minute class

FITNESS REVIEW

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BROOKE DIETZ, DIRECTOR OF FITNESS

All Star Sports Camp

Mark your calendars the All Star Sports Camp will start June 14 through August 6. You can sign up now! Early bird special pricing ends May 31. Contact Brooke Dietz at 476-3018 for questions. Limited space is available per session.

The session dates are as follows:

Session 1: June 14 - June 18	Session 5: July 12 - July 16
Session 2: June 21 - June 25	Session 6: July 19 - July 23
Session 3: June 28 - July 2	Session 7: July 26 - July 30
Session 4: July 5 - July 9	Session 8: August 2 - August 6

Aquatics 2010

Our goal at Copper River is to teach children and adults how to swim in a safe, fun, and friendly environment. We welcome all levels of swimmers including infants to adults. T0207-0

The swim sessions are as follows:

Session 1:	June 14 - 24*
Session 2:	June 28 - July 8*
Session 3:	July 12 - 22*
Session 4:	July 26 - August 5*

Members: \$120 per session

Non-members \$144 per session

**Private lessons*

Stroke improvement work is also available as individual lessons**

\$32 for 30 minute sessions for members

\$36 for 30 minute sessions for non-members

***Preteen to Adult*

Group lessons are available upon request and availability.

Contact Allison Billington at 434-5200 ext. 3019

Starting June 14, we will have the following.....

Full-Time Lifeguarding	Monday - Sunday	11 a.m. - 7 p.m.
Pool Food Service	Monday - Sunday	11 a.m. - 7 p.m.
Swim Lessons	Monday - Thursday	10 a.m. to 1 p.m and 4 - 6 p.m.
Jr. Swim Group	Monday/Wednesday	4:30 - 5:15 p.m.
All Star Sports Camp	Monday-Friday	9 a.m. - 2 p.m.

Summer Training Clinics with Colton

Please call for more information 434-5200 ext. 3018