

# ADULT CLASSES

18+



## ADULT DANCE

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- 1st & 3rd Thursdays of the month  
8:45 pm - 9:45 pm (October - May)
- Drop in \$10
- Styles will vary between modern, contemporary, jazz and hip hop.

## HIGH FIT

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- Mondays 6:00am - 7:00am  
(currently running)
- \$5 drop in or \$45 10 class punch pass
- This class is great for all fitness levels.

## HIGH FIT

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4 week sessions will vary through the season. Please watch for announcements or email for more information.



## CORE AND RESTORE YOGA

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- Mondays 9:15am - 10:15am  
(currently running in Studio D)
- \$10 drop in or \$35 per month
- For more information, please contact Jana @ 801-390-9389