



Community Fitness Center Pre-Registration Class Information



Pre-Registration Classes are only \$4 per class (except for Small Group Personal Training which is still only \$6 per class). Total class price variations below reflect number of weeks the class is held. Monday & Tuesday classes are only 10 and 11 weeks long due to holidays the fitness center is closed. Wednesday and Thursday classes are 12 weeks long.

NOTE: Minimum of 8 people required to hold each class in list below (except Small Group Personal Training- min. is 6 people). You will be notified by January 4th if the class has enough participants pre-registered!

Small Group Personal Training w/Bill (Mon 5:30-6:30 p.m.) for 10 weeks **\$60 – *Limit of 8 people**

Cardio Dance Fitness w/Dawn (Mon 6:15-7:15 p.m.) for 10 weeks **\$40**

Cardio Circuit w/Delaine (Tues 5:45 -6:45 a.m.) for 11 weeks **\$44**

Yoga w/ Barb (Tues 5:00-6:00 p.m.) for 11 weeks **\$44**

TRX w/Bill (Tues 6:15-7:15 p.m.) for 11 weeks **\$44 – *Limit of 8 people**

Stretch & Tone w/Bill (Wed 5:15-6:15 p.m.) for 12 weeks **\$48**

Zumba® w/Sarah (Thurs 5:15-6:15 p.m.) for 12 weeks **\$48**

Gentle Yoga w/Amanda (Thurs 6:30-7:30 p.m.) for 12 weeks **\$48**

Punch Cards can NOT be used to attend pre-registration classes.

*Full Access Passes CAN be used to attend these classes (EXCEPT TRX & Small Group Personal Training) IF minimum number is met and class is held. You still **must** pre-register if you plan to attend.*

*Drop-In is available for these classes at **\$6 per class** subject to space availability.*

CLASS START & END DATES

Monday

Jan 7th to Mar 25th

Tuesday

Jan 8th to Mar 26th

Wed. & Thurs.

Jan. 9th/10th to Mar 27th/28th

CONTACT INFO

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