

ADULT PROGRAMS

**Registration begins on Saturday March 23rd, 2019.
Programs start the week of March 31st, 2019.**

PILATES

Tuesdays - 6:30 to 7:30pm
Member \$50
Non-Member \$60

GENTLE YOGA & MEDITATION

Tuesdays - 7:45 to 8:45pm
Member \$55
Non-Member \$65

MASTER SWIM

Tuesdays - 8:30 to 9:30pm
Member \$52
Non-Member \$62

ZUMBA

Mondays - 8:00 to 9:00pm
Member \$50
Non-Member \$60

HATHA FLOW YOGA

Thursdays - 6:15 to 7:30pm
Member \$65
Non-Member \$75

KETTLEBELL

Thursdays - 7:45 to 8:45pm
Member \$50
Non-Member \$60

AQUAFIT

Tuesdays - 9:30 to 10:30am
Member \$42
Non-Member \$52

AQUAFIT

Saturdays - 9:05 to 10:05am
Member \$42
Non-Member \$52

NEW!!

HOT BOOTY BALLET

Saturdays - 12:30 to 1:30pm
Member \$50
Non-Member \$60

Ages 16+



**All Adult Programs
run for 8 weeks.**

**5% discount on most programs during Registration on Saturday March 23rd between 8:30 & 10:30am ONLY
(excluding Swimming Lessons, Summer Camp and Clubs & Houseleagues)*

For more information on Club programs, visit www.crescenttownclub.com