



**Daytime Aquacise Class**—Tuesday/Thursday/Friday—September 6—December 1, 2022

11:00 a.m. — 12:00 p.m.

***INSTRUCTOR: CATHY GRABER***

\$50—members

\$75—non-members

**NO CLASSES NOVEMBER 24 & 25, 2022**

**Silver Circuit**—Tuesday/Thursday—September 13, - October 20, 2022

8:30—9:30 a.m.

***INSTRUCTOR: GIGI SCIOTTI***

\$45—members

\$70—non-members

**Circuit Class**—Tuesday/Thursday—September 13, - October 20, 2022

9:30—10:30 a.m.

***INSTRUCTOR: GIGI SCIOTTI***

\$45—members

\$70—non-members

**Total Body by Gigi (strength training class)** - Monday/Wednesday—

September 12, - October 19, 2022

5:30—6:30 p.m.

***INSTRUCTOR: GIGI SCIOTTI***

\$45—members

\$70—non-members Northeast Students—\$ 20

**HIIT Class by Gigi**—Monday/Wednesday—September 12, - October 19, 2022

6:30—7:00 p.m.

***INSTRUCTOR: GIGI SCIOTTI***

\$30—members \$50—non-members

Northeast Students—\$ 10