

January 3—June 30 Group Exercise Schedule

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
7:00AM-8:00AM							
8:00AM-9:00 AM	Yoga	Zumba Tone 8:15-9:00	Cardio Core & Sculpt 8:15-9:00	Step 8:15-9:00	Pilates 8:15-9:00	Zumba	Yoga
9:00AM-10:00AM	Zumba	Sculpt	Kick-boxing	Sculpt	Cardio Sculpt	Kick-Boxing	Zumba 9-10:00
10:00AM-11:00AM	Silver Stretch		Gentle Stretch	Silver Sneakers MSROM		Zumba	
5:30PM 6:30PM			Intro To Zumba 5:30-6			Key info 1. Please wear proper attire and footwear. 2. No admittance once class has begun. 3. We may cancel classes due to poor enrollment.	
6:00PM-7:00PM	Zumba	Sculpt	Zumba	Zumba	Sculpt		
7:00PM 8:00PM	Kick Boxing	Zumba	Yoga	Sculpt			

Fitness Room Schedule

Center is open: Schedule	Mon.-Thur. 5:30AM-9:00PM	Fri. 5:30AM-8:00PM	Sat. 6:30AM-5:00PM	Sun. 7:00AM-3:00PM	Free Orientation Orientation to the fitness center is free and part of your plan. An experienced trainer will guide you through the machines, recommend a workout program and answer all of your questions.
Free Orientation is available:		Wed. 5-8PM Essam		Friday 5:00-6:00PM 7:30-8:00PM Essam	

Health Club

Fees, Schedules & General Info January 3 - June 30, 2012

Full Facility Plan Includes:

- Unlimited lap, family & open swims
- Unlimited spin, water aerobics and studio aerobics
- Unlimited work outs in the expanded fitness center

	Daily	10 Work-outs**	Three Month	One Year	Pay As You Go* Start Up Per Month	
Youth/Student (to 24) w/id Senior (60+)	\$10	\$80	\$150	\$495	\$89	\$39.95
Adult (18-59)	12	90	175	575	99	49.95
Family***	15	100	250	750	115	65.95

Special Fitness/Class Only Plan	79	29.95
<ul style="list-style-type: none"> • Unlimited use of the coed fitness center • Unlimited aerobic, yoga, step & spin classes (no aqua) 		

- Special discounts:**
- Employees of Not-For-Profit/Schools/Government Agencies pay \$399/adult, \$599 for family for full facility plan. Employee ID needed.
 - Children under 2 are free.
 - Students (to age 24 with school ID). \$10 start up fee, \$15/month

See inside panel for building hours and more details on pay as you go memberships, 10 workout cards and family memberships.

Union Avenue Community Fitness Center

565 Union Ave., New Windsor 845 561-4700

For the very latest info, check:

www.CommunityFitnessCenter.com

January 3 - June 30, 2012

GENERAL INFORMATION

Facility Hours: Mon.-Thur. 5:30AM-9PM, Fri.5:30AM-8PM, Sat. 6:30AM-5:00 PM, Sun. 7AM-3:00PM

Holiday Hours see [www:CommunityFitnessCenter.com](http://www.CommunityFitnessCenter.com) for dates:

- 7:00AM-12:00PM, pool closes at 11:30AM
- Pool and fitness center only. No group exercise classes

*Pay as you go information

- Pay as you go start up fee includes first month dues. Automatic payment plan only. Cancel anytime with 30 days written notice & payment of a \$10 processing fee.

**10 workout card expires in 90 days

***Family rate info:

- Includes full facility privileges for 2 adults & swim privileges for all children under 18
- Children 8-11 can use cardio machines in the fitness center *with parental supervision*.
- Pre-teens/Early teens (12-14) can use cardio machines & Cybex machines (no free weights) *with parental supervision*.
- Teens (15-18) allowed to use anything in the fitness center or taking any group fitness class with no parent supervision.

The indoor, heated pool is six lanes wide and 25 meters long .
Please note, we close the pool in the event of thunder & lightning in accordance with Dept. of Health regulations.

Lap Swim Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00-8:00AM	5	5	5	5	5	5* 6:45	5* 7:15
8:00-8:55AM	5	5	5	5	5	3	5* Until 9:15
9:00-10:00AM	0	0	0	0	0	0	0
10:00-	0	0	0	4*	0	0	0
11:15-1:00PM	4*	4*	4 Starts 11:45	4* Starts 11:30	4*	0	0
1:00-2:00PM	0	0	0	0	0	2	2 Close 2:30
2:00-4:00PM	0	0	0	0	0	2 close 4:30	
4:00-5:30PM	0	0	0	0	0		
5:30-6:00PM	3	0	3	0	0		
6:00-7:00PM	4*	3 Starts 6:10	3	3 Starts 6:10	2 Starts 6:30	*Double lane available for very slow swimmers	
7:00-8:00PM	0	3	3	3	2 Close 7:30		

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Water Aerobics Schedule

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:00 AM - 8:45 AM						Aqua-Jog <i>*Adult open Shallow end</i>	
9:00AM-10:00AM	Aqua-toning <i>*Adult open</i>	Aqua-Toning	Aqua-toning <i>*Adult open</i>	Aqua-Jog	Aqua-toning <i>*Adult open</i>		
10:00AM 11:00AM	Aqua-jog Aqua-Arthritis/Therapy	Aqua-jog	Aqua-jog 10:00-11:00 Aqua-arthritis/Therapy 10:30-11:30		Aqua-jog Aqua-arthritis	*Adult open time for ages 18 and over allowed in the deep end for exercise, no lap swimming Please refrain from talking loudly during group exercise time.	
7:00 PM - 8:00 PM	Aqua-Jog <i>*Adult open Shallow end</i>	Aqua Tone		Aqua Tone			

Aqua-arthritis: gentlest Aqua-therapy: gentle
Aqua-toning: intermediate Aqua-jog: vigorous in the deep water (with vests)

Family Swim Schedule

Days	Fri	Sat	Sun
Times	5:30-6:30PM	Noon-4:30PM	12:30-2:30PM

Diving board is open for use during family swim Fri., Sat., Sun. At all other times it is closed. Children 12 and under must be accompanied by an adult. An adult must be in the water with any child 6 years of age and younger.