



## Fitness Plus Spring 2010 Class Schedule

PRMC Avery Hall Educational Center Aerobics Studio

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 7:45 am		Indoor Cycling \$30.00 a month		Indoor Cycling \$30.00 a month	
12:00 - 12:30 pm	Step \$40.00 for 8 weeks		Step \$40.00 for 8 weeks		
12:30 - 1:00 pm		Circuit (Free to Fitness Plus Members)		Circuit (Free to Fitness Plus Members)	<b>**Circuit**</b> (Free to Fitness Plus Members)
4:10 - 4:30 pm		Abs on Fire \$20.00 for 8 weeks (Free to Fitness Plus Members)		Abs on Fire \$20.00 for 8 weeks (Free to Fitness Plus Members)	
4:30 - 5:15 pm		Indoor Cycling \$30.00 a month		Indoor Cycling \$30.00 a month	
5:15 - 6:15 pm	Pilates \$45.00 for 6 weeks	Core Conditioning \$60.00 for 8 weeks		Core Conditioning \$60.00 for 8 weeks	
5:45 - 6:45 pm				T'ai Chi \$60.00 for 8 weeks (Cardiac Rehab Phase II)	
6:00 - 6:45 pm		<b>**Women and Weight Training**</b> \$90.00 for 8 weeks		<b>**Women and Weight Training**</b> \$90.00 for 8 weeks	
6:30 - 7:30 pm		Beginning Yoga \$60.00 for 6 weeks			

Contact Fitness Plus at 410-543-7028 to register for classes!

\*\*These classes are held in the Cardiac Rehab Department at PRMC

**Please note:** All PRMC employees receive discounted prices on all fitness classes!