

NEW “SHAPE UP FOR SPRING” CLASS SCHEDULE!

Now Featuring...Pay One Price Per Month & Attend Any or All Classes!

Now is the time to join in on the new special pricing and more class options at the Wellness Resource Center at The Crossing (1203 Washington St. La Porte). Pay one price and attend any of the classes listed below.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Zumba 5:30-6:30am		Zumba 5:30-6:30am		
	Zumba Gold 8:00-8:30am	Yoga Fit 8:00-9:00am			Zumba 8:00-9:00am
					Beginner Step Aerobics 9:15 to 10:15am
			Yoga Fit Noon – 1:00pm		
Yoga Fit 3:45-4:45pm	Zumba 3:45-4:45pm		Zumba 3:45-4:45pm		
	Step Aerobics 4:50-5:50pm		Step Aerobics 4:50-5:50pm		
		Zumba 6:00-7:00pm			

Monthly Fees:

LRHS Employees, Retirees, and Volunteers – Classes Only - \$20.00/month

Fitness Center Membership + classes: \$25.00/month (\$10/month savings!)

Community Members

Classes Only - \$25.00/month

Fitness Center Membership + classes: \$40.00/month (\$15/month savings!)

Contact the Wellness Resource Center at 326-2480 or Ext. 2480 to sign up.

Payment Options include: Wellness Dollars and Payroll Deduction (for LRHS employees), check, cash, or credit card.

