

# Programs at Fry

13

to

Adult

Spring 1 Session runs from February 18th – April 7<sup>th</sup>

## **Fitness Consultation**

Learn how to reach your goals in the most effective and safe way. This one-hour meeting is free to all members. Registration for your consultation can be done at the member service desk.

## **Personal Training/MaxTraining**

Sign up for fitness consultation to learn about training structure and rates.

## **Babysitting Training**

Ages (11+)  
4/6 & 4/13

### **Must attend both sessions**

Saturdays 9:00a – 1:00p

**Fee:** \$75 Member/\$105 Non Member

## **American Red Cross Lifeguard Training**

Ages (15+)  
3/1 – 9:00a-5:00p  
3/2 – 12:00-7:00p  
3/3 – 1:00-7:00p

### **Must attend all 3 sessions**

**Fee:** \$275 Member/\$350 Non Member

## **Tae Kwon Do**

(Ages 5-Adult)

Monday 4:30-5:25p

Wednesday 4:30-5:25p

Saturday 12:15-1p

**Fee:** \$60 Member/\$120 Non Member

## **Tae Kwon Do (Advanced)**

(Ages 5-Adult)

Mondays 5:30-6:25p

Wednesdays 5:30-6:25p

Saturdays 1:15-2:00p

**Fee:** \$60 Member/\$120 Non Member

## **Home School Gym**

(Ages 5-14)

Thursday 10:30-11:25a

**Fee:** \$56 Member/\$64 Non Member

## **Teen and Adult Swim Instruction**

(Ages 13+)

See website for times

**Fee:** \$84 Member/\$168 Non Member

## **Private Swim Lesson**

(Ages 3-Adult)

Fee: Varies

## **Group Exercise Classes**

(Ages 13+)

See schedule on our website

**Fee:** Free to members

**Punch Card:** \$90 for 7 punches for Non Member

**Check our Online Guide for class descriptions**