

SPRING 2018 TOTAL FITNESS CLASSES

POUND FIT : MON 5:30 PM

BUTTS & GUTS : TUES 4:30 PM | THURS 4:30 PM

ZUMBA : WED 5:30 PM

WATER AEROBICS : WED 6:30 PM | SAT 9:30AM

PRICING

JCC STUDENTS : \$3.00 PER CLASS*

MEMBER | PAY AS YOU GO : \$4.00

NON-MEMBER | PAY AS YOU GO : \$5.00

MEMBER | PREPAID 8 CLASS CARD : \$30.00**

NON-MEMBER | PREPAID 8 CLASS CARD : \$40.00**

BOOT CAMP : TUES 5:30 PM

WEIGHT TRAINING : THURS 5:30 PM

PRICING

CLASSES ARE ONLY AVAILABLE FOR FULL SESSION PURCHASE, NO PAY AS YOU GO OPTION AVAILABLE.

WEIGHT TRAINING

MEMBER : \$75.00 | NON-MEMBER : \$95.00

BOOT CAMP

MEMBER : \$75.00 | NON-MEMBER \$95.00

WEIGHT TRAINING & BOOT CAMP BUNDLE

MEMBER : \$100.00 | NON-MEMBER \$120.00

CLASSES DATES: JANUARY 22ND-MARCH 27TH

THERE WILL BE NO CLASSES FEBRUARY 26TH- MARCH 3RD & MARCH 6TH

CALL 716.338.1260 TO SIGN UP OR STOP BY THE PHED FRONT DESK

* JCC STUDENTS CAN ONLY USE THE PAY AS YOU GO PAYMENT OPTION. ** FOR CLASSES THAT MEET TWO TIMES A WEEK A SECOND CARD WOULD NEED TO BE PURCHASED ONCE ORIGINAL PREPAID CARD IS USED UP.