

Family Fun Fitness

(with head instructor) - Kristy Wombold 698-5182 / 470-7517

Aerobics

Monday 9:00 - 10:00am - Low Impact

Monday 6:00 - 7:00 - Pilates

Wednesday 9:00 - 10:00am - Low Impact

Thursday 9:00 - 10:00am - Pilates

Thursday 6:00 - 7:00 - Circuit Training

Scrapbooking

If anyone is interested in scrapbooking I currently hold crops at the center @4 times a year. They are usually Friday nights and all day Saturdays, meals included with lots of fun. If you are interested please let me know and I can add you to my e-mail list for info.

Tumbling and Cheerleading

Mondays

Thursdays

5:15 - 6:00 - Beg. Tumbling Class

5:00 - 6:00 - Cheer Tumbling

7:00 - 8:00 - Cheer Tumbling Class

7:00 - 8:00 - Cheer Tumbling

7:45 - 8:30 - Private Class

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Class Fees: Based on 10 week sessions - 1 Hour classes \$70.00, 45 Minute classes \$65.00

Private Classes \$90.00

Important info....

All classes are non refundable and are not transferable from one person to another. Make up classes will be allowed as long as you are currently paying for the session you are wanting to make them up in. Also if Northmonts schools are closed, dismiss early or evening activities cancelled due to weather all evenings classes are canceled and will need to be made up at another class. Any questions please feel free to ask or give me a call or e-mail me at bwombold@msn.com. Thanks

Kristy

Fall 2016