

Summer 2012 Fitness Classes

Yoga

Michael Ledman

Mondays – 4:15-5:15pm, CHHS Rm 213

2002A – M/May 14 – June 18 5 Sessions
Cost: \$40 (No class May 28)

2002B – M/June 25 – July 23 5 Sessions
Cost: \$40

2002C – M/July 30 – August 27 5 Sessions
Cost: \$40

Yoga

Michael Ledman

Tuesdays – 6-7pm, CHHS Rm 213

2002D – T/May 8 – June 19 7 Sessions
Cost: \$56

2002E – T/June 26 – July 24 4 Sessions
Cost: \$32 (No class July 3rd)

2002F – T/July 31 – August 28 5 Sessions
Cost: \$40



Zumba®

Randa Rosby

Mondays – 5:45-6:45pm, CHHS Gym Stage

2003A – M/June 4-July 9 6 Sessions
Cost: \$42

2003B – M/July 23-Aug 27 6 Sessions
Cost: \$42

Pilates

Cindy Messner

Thursdays – 7-8pm, CHHS Gym Stage

2000A – Th/June 7-July 12 6 Sessions
Cost: \$48

2000B – Th/Aug. 2- 30 5 sessions
Cost: \$40

Tai' Chi Ch'uan

Michael Ledman

Thursdays – 4:30-5:30pm, CHHS Rm 213

2001A – Th/June 14-July 26 6 Sessions
Cost: \$48 (No Class July 5th)

2001B – Th/Aug. 2-August 30 5 Sessions
Cost: \$40

