



PROGRAM COST/FEE SHEET

HEALTH SERVICES

FOOT CLINIC, 2nd and last Friday, by appointment

\$18 member; \$21 non-member

MASSAGE, Wednesdays 10am-11:10pm

Appointments encouraged

\$15 for 15 minutes

EXERCISE & DANCE

ENHANCE FITNESS— Monday, Wednesday & Friday,
11-noon

\$20 member; \$25 non-member a month; free to Group Health members. Paperwork required before your 1st class

DANCE CLASS-Thursdays from 4-5pm

\$20 member; \$25 non-member per month

TAI CHI CLASSES – Tuesdays – 8:45, 9:45 & 10:45

\$65 member; \$70 non-mem 12 week session

YOGA – Mondays & Thursdays 1:30pm

1 session a week

\$13 member; \$22 non-member per month

2 sessions a week

\$26 member; \$44 non-member per month

ZUMBA – Mondays & Wednesdays

9-10am & 5:30 -6:30pm

1 session a week

\$20 member; \$32 non-member per month

2 sessions a week

\$40 member; \$64 non-member per month

ACTIVITIES/SERVICES

BINGO - Tuesdays 1pm

\$1 per card. 6 cards maximum

BRIDGE—Mondays & Fridays 12:30pm

\$1.50 donation

DRIFTWOOD SCULPTURE – Thurs 12 noon – 2:30pm

\$20 member; \$25 non-member a month

Per class \$5 member; \$7 non-member

DUPLICATE BRIDGE— Tuesdays 12:30pm

Member: Donate at your own discretion.

Non-Member Suggested Donate \$2 per session

LUNCH – Monday through Friday 11:15 or 11:30

Monday and Fridays

\$2.50 donation for 60+ years; \$5.75 under 60

Tuesday-Thursday

\$3.50 member; \$4.50 non-member

PINOCHLE - Tues & Sun 1pm; Thurs 12:30pm

\$1 donation

WOOD CARVING - Tuesdays 9am & Thursdays 6pm

\$5 member; \$10 non-member per month



T-Shirts – PEACE * LOVE *
SENIORS

\$15 per shirt

Men's & Women's sizes S- 2XL

Shirts are prepaid and ordered when we have 10 prepaid