The Monterey Sports Center offers over 100 classes a week!

There's truly something for everyone in our wide variety of group exercise class offerings including Kettlebell, Boxing, Zumba, Zumba Toning, Aqua Zumba, Cardio Dance Party, Yoga (Power, Flow, Yin, Restorative, Hatha, Meditative), Deep Water, Shallow Water, Step, BOSU, Skills & Drills for Runners, Outdoor Bootcamp, HIIT (High Intensity Interval Training), Tabata Intervals, Group Cycling, Athletic Training (crossfit-style workout), Ballast Ball (stability ball), Hi/Low, Strength Training, Pilates/Core, Tai Chi, Barre Sculpt, NIA Aerobics, Hot Hula, Aqua Splash, Ai Chi (Aqua Tai Chi), Aqua Yoga, Endurance Swimming (coached swim workout), Agility/ Balance/Core, and Healthy Start. Classes begin at 5:45am and are scheduled throughout the day until 9:00pm on weekdays and from 7:30am to 5:30pm on weekends.

The **Group Exercise & Cycling Schedule** & the **Aquatic Group Exercise Schedule** are available at the Monterey Sports Center and on our website at

www.monterey.org/sportscenter

and

Mobile Site: m.monterey.org

Monthly Group Exercise Pass

(class admittance only)

Fee	
$38	4 classes
$48	8 classes
$52	12 classes

Mty Res Fee	
$32	4 classes
$42	8 classes
$46	12 classes

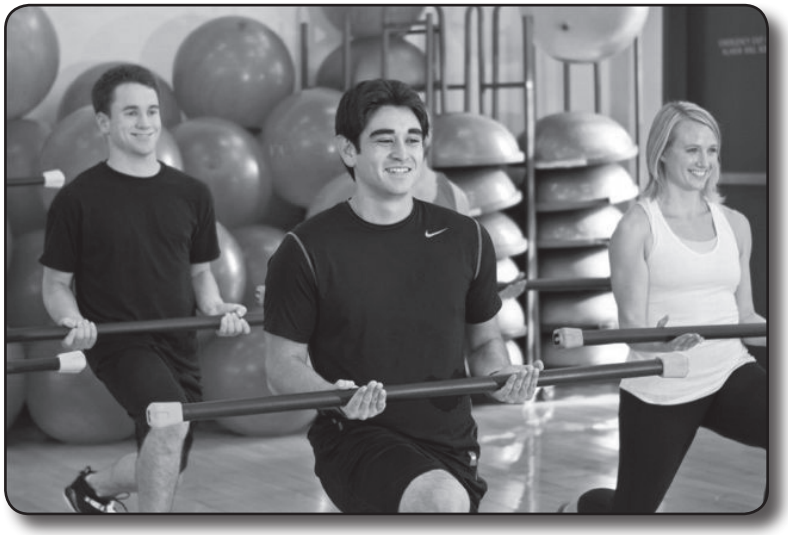
Or $7 drop-in fee per class plus admission fee or membership.

NOTE: Please bring a towel to class. Group exercise passes are valid for the duration of one month.

Complete Fitness Program

Includes Fitness Orientation, UNLIMITED CLASSES, facility use and towel service. Start-up program fee of $50.

Youth	$28 per month
Adult	$53 per month
Senior	$38 per month
Corporate	$49 per month
Family	$75 per month

1-YEAR, 6-MONTH, 3-MONTH MEMBERSHIPS

Includes Fitness Orientation, UNLIMITED CLASSES, facility use and towel service. Please visit the Monterey Sports Center or our website for more details.