

TABLE OF CONTENTS

Program	Page	Program	Page
Acrylic Painting	34	Senior Breakfast Club.....	31
Adult Basketball Open Gym.....	14	Senior Cardio Class.....	25
African Dance Tiny Tots & Beginner Youth	11	Senior Chair Fitness.....	25
Aqua Jogger Deep Water Workout.....	21	Senior Chair Fitness Monday Morning	25
Between Class Pass	33	Senior Chair Fitness Plus	25
Body Sculpting	28	Senior Social Connections.....	31
Bunco Club	30	Senior Social Gala	31
Buns, Abs and Thighs.....	26	Sewing Alterations 101.....	35
Cheerleading (Pee-Wee)	10	Sewing 101 (Teen)	12
Cheerleading (Junior).....	10	Sewing 101 (Adult).....	35
Chair Massage	33	Soul Line Dance/Slides Basic.....	29
Child Care Activity Center	4	Soul Line Dance/Slides Experienced	29
Complimentary Class Pass	24	Steppin'	28
Counted Cross Stitch	35	Stomp Team	18
Crafts For Kids	12	Swim Programs	19-23
Cub Scouts	12	Tai Chi	30
Definitions.....	29	Teen Nights	17
Faith Family Future Center.....	8	Teen Volleyball Open Gym	14
Fitness Center Information	41-42	Teen Weight Lifting	17
Fitness Center Member Family Shootaround	14	Therapeutic Massage Therapy	33
Fitness First Award	24	The Rick Saucedo Show.....	37
Fitness Fun.....	26	The Producers.....	38
General Information.....	39-40	The Voices.....	38
Girl Scouts.....	12	Tuesday Men's 12" Softball League.....	32
Gymnastics (Pee-Wee)	10	Thursday Men's 12" Softball League	32
Gymnastics (Junior).....	10	Ultimate Hip Hop Dance Class	18
Harvest Fest	13	Volleyball Open Gym.....	32
Hatha Yoga	26	Walking Club.....	4
Heritage Festival	5	Walk With Me.....	28
Heritage Haul Awesome Blossom	6	Water Colors.....	34
Hire-A-Teen	17	Woodfield Mall for Christmas.....	36
High School Workout Pass.....	17	Yoga Stretch.....	24
Holiday Break Camp	9	Youth Basketball League.....	16
Holiday Break Camp Extension	9	Youth Fall Soccer League	16
Ingalls Blood Pressure Screening	36	Youth Fitness	12
Ingalls Heart Smart for Women	36	Youth Stomp Team	16
Ingalls Pain Series Osteoporosis Seminar.....	36		
Instructor Training.....	30		
Karate.....	11		
Knitting and Crocheting.....	35		
Ladies Exercise	26		
Little Dragons Wado-Ki Pre-Karate	11		
Men's Monday Night Basketball League.....	32		
One-On-One Personal Fitness Training	33		
Pilates Plus	27		
Pilates Sculpt	27		
Power Sculpt.....	29		
Pre-School.....	7		
Pre-School Midday Munch	8		
Rendering with Colored Pencil	34		
Roller Hockey Club.....	15		
Santa Calls	13		



INDICATES CHILD CARE AVAILABILITY

NEW FALL PROGRAMS!

Aqua Jogger Deep Water Workout.....	21
Complimentary Class Pass	24
Soul Line Dance/Slides Basic.....	29
Soul Line Dance/Slides Experienced	29
Stomp Team	18
Youth Stomp Team	18
Ultimate Hip Hop Dance Class	18