

***Q: Please please coordinate the evening group classes with kid zone hours so that we can all enjoy the benefits of our membership.***

***A: We have done the best that we can to do this the only class at this time is Yoga in the evening, the only solution is to drop the Yoga class, which we have decided to keep at this time.***

***Q: Love Saturday morning Pilates and zumba. I Would love Pilates before zumba on Monday too.***

***A: I'm glad that you love the Zumba we are now offering it on Wed. evening this session as well.***

***Q: Pease make the hour of power class on Wednesday at 4:35 a Cardio Sculpt. We don't need a lifting only class followed by power flex at 6:30! And our cardio class between is now zumba***

***A: Thank you for the suggestion this is a consideration for the next schedule thank you.***

***Q: Have people sign up outside of class to speed the process along and allow a class running to cont. uninterrupted.***

***A: At this time we don't really have a safe place to have it outside the studi, but we appreciate the suggestion.***

***Q: I miss the 15"of core after spin on Wednesdays at 10:15- 10:30 with zumba ending at the same time (10:15) I'm sure you'd have plenty going Into spin from 10:15-10:30 my body needs that.***

***A: We will be adding an additional step class in Jan.***

***Q: I just reviewed the new exercise schedule, to find that every time I'm at the gym 6 days a week, there is only one step class and one cardio sculpt that could potentially be a kick boxing class for me to take, this is not fair. There are 3 kicking boxing and 3 dance, zumba classes. I thought this was a fitness club. It isn't fair that I have to look at other gyms on Wednesday for an aerobics class, when I live a block from the gym. I'm for kick boxing but not zumba.***

***A: We appreciate your feedback and would encourage you to look for our additions in January.***

***Q: The YMCA has some great programs. Have you ever considered a "nutrition" type class (even if it is a one time class?)***

***A: We do have a couple of classes that address "Nutrition" our Move It To Lose It class is a large portion Nutrition, but I appreciate the suggestion to add more.***