

Program Justification

3/3/2011

Program Supervisor:	Deborah Geghen		Season: Winter 2010
Program Name:	Number of Seasons Offered	Number Enrolled	Justification to Continue Offering with Low Enrollment
Program Name:	Number of Seasons Offered	Number Enrolled	Brief Explanation for Discontinuing Program
Vinyasa yoga	4	3	Discontinued due to lack of interest/enrollment.
Program Name:	Number of Seasons Offered	Number Enrolled	Brief Description of New Program
Weight Loss Bootcamp	4	Class Limit: 15	Bootcamp will consist of various drills, stations and cardio intervals for people who are looking to lose weight for the new year. Boot Camp continues to be a popular exercise option. There will be 2 classes - one for pre-teens & young teens (11 - 15) & one for adults (eligible for 16+). Class will be taught in-house.
Pilates Equipment Circuit	4	Class Limit: 6	This class will be taught as a small group class. Pilates reformer continue to fill. This class provides another option leading to increased revenues. Participants will move among equipment set up as stations. a chance to use the tower, chair, reformer and mat as a circuit type class.
Hot Yoga	4	Class Limit: 25	Yoga will be taught in a warm environment to promote flexibility and weight loss. Hot Yoga is one of the latest fitness trends and has the potential to generate significant revenue. Further investigation on offering this class is being done regarding logistics and room temperatures.