

Monday

STUDIO 1	STUDIO 2	CYCLE	AQUA
	9:30 - 10:15 Full Body Sculpt Chris K.	10:30 - 11:15 Lite Cycle Chris K.	9:30 - 10:15 Aqua Run - L Stephanie S.
			10:15 - 11:00 Poolates - T Stephanie S.
5:35 - 6:30 BODYCOMBAT Joe M	5:30 - 6:30 Restorative Yoga Steven		6:30-7:15 Aqua Interval - L Paula
6:35 - 7:35 BODYPUMP Joe M	6:30 - 7:30 Vinyasa Steven		7:15-8:00 Aqua Lite - T Paula
8:00 - 9:00 Boxing David M.	7:30 - 8:30 ZUMBA Ashlee	7:00 - 8:00 Cycle Janmarie	
7:00 - 8:00 Wellness Program	6:30 - 7:30 Wellness Program	8:00 pm Carterex Saleem	7:30 PM SGT Peter

Wednesday

STUDIO 1	STUDIO 2	CYCLE	AQUA
		5:45 - 6:45 am Cycle Janmarie	
9:30 - 10:30 BODYPUMP Alicia	9:15-10:00 Chair Fitness Chris K.		
10:30 - 11:30 BODYCOMBAT Alicia	10:00 - 11:00 Slow Yoga Flow Bunnie		10:15-11:00 Aqua Yoga - T Chris K.
		5:30 - 6:00 pm SGT Carolyn	
5:45 - 6:30 Athletic BODYATTACK Alicia	6:00 - 6:30 Express BODYCOMBAT Katie	6:30 - 7:30 Cycle Janmarie	
6:35 - 7:35 BODYPUMP Kari	6:30 - 7:30 ZUMBA Anielka	6:30 - 7:00 pm SGT Carolyn	
8:00 - 8:30 Grit Joe Henderson			6:30-7:30 Cardio Fusion - L Kyle
	7:00 - 8:00 Wellness Program	7:30 Carterex Elena	7:30 - 8:00 Aqua Kinetics Kyle

Friday

STUDIO 1	STUDIO 2	CYCLE	AQUA
		5:45 - 6:45 am Cycle Janmarie	
			10:00 - 10:45 Aqua Yoga - T Chris K.
	9:00 - 9:50 Chair Fitness Chris K.		
9:30 - 10:30 BODYCOMBAT Alicia			
6:00 - 7:00 BODYPUMP Marina			
	6:00 - 7:00 ZUMBA Anielka		
Fit Kids* Classes	New Classes	Wellness* Programs	*Additional Fees Apply

Tuesday

STUDIO 1	STUDIO 2	CYCLE	AQUA
5:45 - 6:45 am BODYPUMP Marissa	FOR THE SAFETY OF OUR MEMBERS WE ASK THAT YOU ARRIVE ON TIME TO EACH CLASS. ALL MEMBERS MUST WAIT UNTIL THE CLASS IS FINISHED AND THE ROOM IS CLEARED OF		
10:30 - 11:30 Zumba w/Toning Bob G.	9:45 - 10:30 Chair Fitness Carolyn		
			10:45 - 11:30 Aqua Sculpt - L Carolyn
5:30 - 6:30 BODYSTEP Chris K.	5:30 - 6:30 INSANITY Chris D.		
6:30 - 7:30 BODYATTACK Lori	6:30 - 7:30 PiYO Chris D.		7:00 - 7:45 Aqua Zumba Jazmin
7:30 - 8:00 Butt, Guts & Thighs Lori	7:30 - 8:30 ZUMBA Ashlee		
8:00 - 8:30 Grit Lori	6:00 - 7:00 SGT Kyle		
8:30 - 9:00 Stretch & Relax Lori	7:30 - 8:00 SGT Peter		
		7:30 pm Carterex Kyle	

Thursday

STUDIO 1	STUDIO 2	CYCLE	AQUA
	8:30 - 9:25 Chair Yoga Steven		
	9:30 - 10:30 Yoga Flow Steven		9:30 - 10:15 ZUMBA Marisol - L
10:30 - 11:30 ZUMBA Marisol			10:15 - 11:00 Lite Splash - L Carolyn
5:30 - 6:00 Grit Alicia	5:30 - 6:30 Insanity Ralph	5:30 - 6:30 Wellness Program	6:30 - 7:30 Aqua Mix - L Paula
6:05 - 7:00 BODYCOMBAT Alicia	6:30 - 7:25 Zumba Step Marisol		7:30 - 8:15 Aqua Lite - T Paula
7:05 - 8:05 BODYPUMP Joe M	7:30-8:30 Hatha Yoga Steven		7:00 - 7:30 Aqua Kinetics Kyle
		7:30 Carterex Kyle	

Saturday

STUDIO 1	STUDIO 2	CYCLE	AQUA
8:00 - 9:00 BODYSTEP Chris K.			
9:00 - 10:00 BODYPUMP Joe H.	9:00 - 10:00 BODYATTACK Lori	9:00 - 10:00 Cycle Chris K.	9:00 - 10:00 Aqua Bootcamp - L Carolyn
10:05 - 11:05 BODYCOMBAT Joe H.	10:00 - 11:00 PiYO Lori		10:00 - 10:45 Aqua Sculpt - L Carolyn
	11:15 - 12:15 ZUMBA Ashlee		11:00 - 11:30 Aqua Kinetics Carolyn

Sunday

STUDIO 1	STUDIO 2	CYCLE	AQUA
9:30-10:30 BODYCOMBAT Joe M.	9:00 - 9:55 ZUMBA Stephanie Z.		
10:30-11:00 BODYPUMP Joe M.	10:00 - 11:00 Slow Yoga Flow Bunnie		
Small Group Training* Floor	Small Group Training* Aqua Kinetics	Carterex*	L - Lap Pool T - Therapy Pool