

Monday

STUDIO 1	STUDIO 2	CYCLE	AQUA
9:30 - 10:15 Full Body Sculpt Chris K.	9:00 - 10:00 Zumba Gold Laurie F.		9:30 - 10:15 Aqua Run - L Stephanie S.
			10:15 - 11:00 Poolates - T Stephanie S.
		10:30 - 11:15 Lite Cycle Chris K.	
5:30 - 6:30 BODYCOMBAT Joe M	5:30 - 6:30 Restorative Yoga Steven		
6:30 - 7:30 BODYPUMP Joe M	6:30 - 7:30 Vinyasa Steven		6:30-7:15 H2O Blast Jan
7:30 - 8:15 Boxing David M.	7:30 - 8:30 ZUMBA Ashlee	7:00 - 8:00 Cycle Janmarie	7:15-8:00 Aqua Lite - T Jan

Wednesday

STUDIO 1	STUDIO 2	CYCLE	AQUA
		5:45 - 6:45 am Cycle Janmarie	
9:30 - 10:30 BODYPUMP Marina	9:15-10:00 Chair Fitness Chris K.		
	10:00 - 11:00 Slow Yoga Flow Bunnie		
10:30 - 11:30 BODYCOMBAT Katie			10:15-11:00 Aqua Yoga - T Chris K.
5:45 - 6:30 Athletic BODYATTACK Alicia	5:30 - 6:30 Toning at the Barre Michelle		
6:35 - 7:35 BODYPUMP Kari	6:30 - 7:30 ZUMBA Anielka	6:30 - 7:30 Cycle Janmarie	6:30-7:30 Cardio Fusion - L Kyle
8:00 - 8:30 Grit Joe Henderson	7:30 - 8:30 Tai Chi Frank Zhong		

Friday

STUDIO 1	STUDIO 2	CYCLE	AQUA
		5:45 - 6:45 am Cycle Janmarie	
	9:00 - 9:50 Chair Fitness Chris K.		
9:30 - 10:30 BODYCOMBAT Alicia			
			10:00 - 10:45 Aqua Yoga - T Chris K.
6:00 - 7:00 BODYPUMP Marina	6:00 - 7:00 ZUMBA Anielka		
Fit Kids* Classes	New Classes		*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 EQUIPMENT BEFORE ENTERING THE STUDIO.		
	9:45 - 10:30 Chair Fitness Carolyn		
10:30 - 11:30 Zumba w/Toning Bob G.	10:30 - 11:30 Tai Chi Frank Zhong		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.		
7:30 - 8:00 Butt, Guts & Thighs Lori	7:30 - 8:30 ZUMBA Ashlee		
8:00 - 8:30 Grit Lori			
8:30 - 9:00 Stretch & Relax Lori			

Thursday

STUDIO 1	STUDIO 2	CYCLE	AQUA
5:45 - 6:45 am BODYPUMP Marissa			
	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		10:30 - 11:15 Lite Cycle Carolyn	10:15 - 11:15 Tai Chi - T Frank Zhong
5:30 - 6:00 Grit Alicia	5:45 - 6:30 Athletic BODYATTACK Katie		
6:05 - 7:00 BODYCOMBAT Alicia	6:30 - 7:25 Zumba Step Marisol		6:30 - 7:30 Aqua Mix - L Paula
7:05 - 8:05 BODYPUMP Joe M			
	7:30-8:30 Hatha Yoga Steven		7:30 - 8:15 Aqua Lite - T Paula

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		

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		

L - Lap Pool
T - Therapy Pool