

	STUDIO 1	STUDIO 2	CYCLE	AQUA		STUDIO 1	STUDIO 2	CYCLE	AQUA	
Monday		5:45 - 6:45 am <b>BODYCOMBAT</b> Suzanne			Tuesday	5:45 - 6:45 am <b>BODYPUMP</b> 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.			
		9:30 - 10:30 <b>BODYFLOW</b> Chris K.		9:30 - 10:15 Aqua Run - L Stephanie S.			9:30 - 10:15 Chair Pilates Laura			
				10:15 - 11:00 Poolates - T Stephanie S.			10:30 - 11:30 Zumba w/Toning Bob G.	10:30 - 11:30 Tai Chi Frank Zhong		10:30 - 11:15 Aqua Sculpt - L Sara F.
			10:30 - 11:15 Lite Cycle Chris K.							
							5:30 - 6:30 <b>BODYSTEP</b> Chris K.	5:30 - 6:30 <b>INSANITY</b> Chris D.		
							6:30 - 7:30 <b>BODYATTACK</b> Lori	6:30 - 7:00 Quick Fix Abs Chris D.		
							7:30 - 8:30 <b>BODYFLOW</b> Lori	7:00 - 8:00 <b>ZUMBA</b> Ashlee		
	5:30 - 6:30 <b>BODYCOMBAT</b> Joe M.	5:30 - 6:30 Restorative Yoga Steven			8:30 - 9:00 H.I.I.T. Lori					
	6:30 - 7:30 <b>BODYPUMP</b> Joe M.	6:30 - 7:30 Vinyasa Yoga Steven								
	7:45 - 8:45 Boxing Frank Zhong	7:30 - 8:30 <b>ZUMBA</b> Ashlee	7:00 - 8:00 Cycle Janmarie							
Wednesday	STUDIO 1	STUDIO 2	CYCLE	AQUA	Thursday	STUDIO 1	STUDIO 2	CYCLE	AQUA	
			5:45 - 6:45 am Cycle Janmarie			5:45 - 6:45 am <b>BODYPUMP</b> Marissa				
	9:30 - 10:30 <b>BODYPUMP</b> Marina	9:30 - 10:15 Chair Fitness Chris K.					8:30 - 9:25 Chair Yoga Steven		9:30 - 10:15 Aqua Cardio - L Chris	
							9:30 - 10:30 Yoga Flow Steven		10:15 - 11:15 Tai Chi - T Frank Zhong	
	10:30 - 11:30 <b>BODYCOMBAT</b> Katie			10:30 - 11:15 Aqua Cardio - L Chris K.			10:30 - 11:30 <b>ZUMBA</b> Stephanie Z.		10:30 - 11:15 Lite Cycle Chris K.	
	5:45 - 6:30 Athletic <b>BODYATTACK</b> Alicia	5:30 - 6:30 Barefoot Fusion Michelle			5:30 - 6:00 <b>BODYSTEP</b> Express Alicia	5:45 - 6:30 Tabs, Flabs & Abs Kyle				
	6:30 - 7:30 <b>BODYPUMP</b> Marina	6:30 - 7:30 <b>ZUMBA</b> Anielka	6:30 - 7:30 Cycle Janmarie	6:30 - 7:30 Cardio Fusion - L Kyle	6:00 - 7:00 <b>BODYCOMBAT</b> Alicia	6:30 - 7:25 Strong by Zumba Stephanie Z.		6:30 - 7:30 Aqua Mix - L Paula		
	7:30 - 8:00 Quick Fix Abs Kyle	7:30 - 8:30 Tai Chi Frank Zhong			7:00 - 8:00 <b>BODYPUMP</b> Joe M.					
						7:30 - 8:30 Hatha Yoga Steven		7:30 - 8:15 Aqua Lite - T Paula		
Friday	STUDIO 1	STUDIO 2	CYCLE	AQUA	Saturday	STUDIO 1	STUDIO 2	CYCLE	AQUA	
			5:45 - 6:45 am Cycle Janmarie			8:00 - 9:00 <b>BODYSTEP</b> Chris K.				
		9:00 - 9:50 Chair Fitness Chris K.				9:00 - 10:00 <b>BODYPUMP</b> Joe M.	9:00 - 10:00 <b>BODYATTACK</b> Lori	9:00 - 10:00 Cycle Chris K.	9:30 - 10:30 Aqua Cardio - L Sara F.	
	9:30 - 10:30 <b>BODYCOMBAT</b> Alicia					10:05 - 11:05 <b>BODYCOMBAT</b> Joe M.	10:00 - 11:00 <b>BODYFLOW</b> Lori			
				10:00 - 10:45 Aqua Mix - T Chris K.			11:15 - 12:15 <b>ZUMBA</b> Ashlee			
	6:00 - 7:00 <b>BODYPUMP</b> Marina	6:00 - 7:00 <b>ZUMBA</b> Anielka	Zumba is Back!			9:30 - 10:30 <b>BODYCOMBAT</b> Katie	9:00 - 9:55 <b>ZUMBA</b> Chemise			
					10:30 - 11:30 <b>BODYPUMP</b> Marissa	10:00 - 11:00 Vinyasa Yoga Rosibel				
	Fit Kids* Classes	New Classes		*Additional Fees Apply						