

Monday

STUDIO 1	STUDIO 2	CYCLE	AQUA
	5:45 - 6:45 am BODYCOMBAT Marissa		
	9:30 - 10:30 BODYFLOW Chris K.		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 Yoga Steven		
7:45 - 8:45 Boxing Frank Zhong	7:30 - 8:30 ZUMBA Ashlee	7:00 - 8:00 Cycle Janmarie	

Wednesday

STUDIO 1	STUDIO 2	CYCLE	AQUA
		5:45 - 6:45 am Cycle Janmarie	
9:30 - 10:30 BODYPUMP Marina	9:30 - 10:15 Chair Fitness Chris K.		
10:30 - 11:30 BODYCOMBAT Katie			10:30 - 11:15 Aqua Cardio - L Chris K.
5:45 - 6:30 BODYATTACK Alicia	5:30 - 6:30 Barefoot Fusion Michelle		
6:30 - & 7:30 BODYPUMP Ricardo	6:30 - 7:30 ZUMBA Anielka	6:30 - 7:30 Cycle Janmarie	6:30 - 7:30 Cardio Fusion - L Kyle
7:30 - 8:00 Quick Fix Abs Kyle	7:30 - 8:30 Tai Chi Frank Zhong		

Friday

STUDIO 1	STUDIO 2	CYCLE	AQUA
		5:45 - 6:45 am Cycle Janmarie	
9:30 - 10:30 BODYCOMBAT Alicia	9:00 - 9:50 Chair Fitness Chris K.		
			10:00 - 10:45 Aqua Mix - 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.		
	9:30 - 10:15 Chair Pilates Laura		
10:30 - 11:30 Zumba w/Toning Bob G.	10:30 - 11:30 Tai Chi Frank Zhong		
5:30 - 6:30 BODYSTEP Chris K.			
6:30 - 7:30 BODYATTACK Lori			
7:30 - 8:30 BODYFLOW Lori	7:00 - 8:00 ZUMBA Ashlee		
8:30 - 9:00 H.I.I.T. Lori			

Thursday

STUDIO 1	STUDIO 2	CYCLE	AQUA
5:45 - 6:45 am BODYPUMP Marissa			
	8:30 - 9:25 Chair Yoga Steven		9:30 - 10:15 Aqua Cardio - L Chris
	9:30 - 10:30 Yoga Flow Steven		10:15 - 11:15 Tai Chi - T Frank
10:30 - 11:30 ZUMBA Stephanie Z.		10:30 - 11:15 Lite Cycle Chris K.	
5:30 - 6:00 BODYSTEP Express Alicia	5:45 - 6:30 Tabs, Flabs & Abs Kyle		
6:00 - 7:00 BODYCOMBAT Alicia	6:30 - 7:25 ZUMBA Stephanie Z.		6:30 - 7:30 Aqua Mix - L Paula
	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 M.	9:00 - 10:00 BODYATTACK Lori	9:00 - 10:00 Cycle Chris K.	10:15 - 11:00 Aqua Cardio - L Chris K.
10:05 - 11:05 BODYCOMBAT Joe M.	10:00 - 11:00 BODYFLOW Lori		
	11:15 - 12:15 ZUMBA Ashlee		
	New Instructor & Time		
9:30 - 10:30 BODYCOMBAT Katie	9:00 - 9:55 ZUMBA Chemise		
10:30 - 11:30 BODYPUMP Marissa	10:00 - 11:00 Vinyasa Yoga Rosibel		

Sunday

L - Lap Pool
T - Therapy Pool