



## CLASS SCHEDULE

7/30/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45 - 6:45 am <b>CYCLING</b> Studio 2-Suzanne	5:30 - 6:30 am <b>CYCLING</b> Studio 2 - Ron				
8:30 - 9:30 am <b>H.I.I.T.</b> Studio 1 - Renee	8:30 - 9:30 am <b>IT'S PERSONAL</b> Studio 1 - Renae	8:00 - 9:00 am <b>Kick, Punch &amp; Crunch</b> Studio 1-Nancy R.	8:00 - 9:00 am <b>CYCLING</b> Studio 2-Marianne	8:00 - 9:00 am <b>CHISELED</b> Studio 1 - Renae	8:00 - 9:00 am <b>CYCLING</b> Studio 2 - Renae	
9:30 - 10:30 am <b>CYCLING</b> Studio 2-Nancy R.	9:30 - 10:30 am <b>CYCLING</b> Studio 2 - Renee	9:30 - 10:30 am <b>CYCLING</b> Studio 2 - Renee	9:30 - 10:30 am <b>CYCLING</b> Studio 2 - Nancy	9:30 - 10:30 am <b>CYCLING</b> Studio 2 - Nicolle	8:00 - 9:00 am <b>STEP IT UP!</b> Studio 1 - Joy	
9:30 - 10:30 am <b>Yoga</b>  Studio 1 Jon Koga	9:30 - 10:30 am <b>PURE ENERGY</b>  Studio 1 Renae	9:30 - 10:30 am <b>INTERVAL INSANITY</b>  Studio 1 Nancy	9:30 - 10:30 am <b>KETTLE BELL XTREME</b>  Studio 1 Erica	9:30 - 10:30 am <b>YOGA PLUS</b>  Studio 1-Marybeth		8:30 - 9:30 am <b>CYCLING</b> Studio 2 - Kristen
10:30 - 11:30 am <b>YOGA PLUS</b>  Studio 1-Marybeth		10:30 - 11:30 am <b>HARD CORE</b>  Studio 1 Erica		10:30 - 11:30 am <b>BUNS &amp; GUNS</b>  Studio 1 Luanne	9:00-10:00 am <b>BUNS &amp; GUNS</b> Studio 1 Fran	9:00 - 10:00 am <b>KERBOOMKA</b>  Studio 1 - Anurea
11:30am-12:30pm <b>SilverSneakers</b> Studio 1 Joy	11:30am-12:00pm <b>BOOM MOVE IT</b> 12:00pm-12:30pm <b>Silver Yoga</b>	11:30am-12:30pm <b>SilverSneakers</b> Studio 1 Maria	11:30am-12:00pm <b>BOOM MOVE IT</b> 12:00pm-12:30pm <b>Silver Yoga</b>	11:30am-12:30pm <b>SilverSneakers</b> Studio 1 Maria	10:00 - 11:00 am <b>Yoga</b>  Studio 1-Jo	10:00 - 11:00 am <b>YOGA</b> <b>Locomotion Flow</b>  Studio 1 - Katie
<p><b>Wear comfortable workout clothing, bring water &amp; towel, mat if desired...we supply the rest!</b>  <b>All classes are 55 minutes long, please arrive at scheduled times for equipment setup &amp; proper warm-up!</b></p>						
5:00 - 6:00 pm <b>CYCLING</b> Studio 2 - Melisa	5:00 - 6:00 pm <b>IT'S PERSONAL</b>  Studio 1 Luanne	5:00 - 6:00 pm <b>BURN</b>  Studio 1 Melisa	5:30 - 6:30 pm <b>KICKBOXING</b>  Studio 1 Yvette	5:30 - 6:30 pm <b>Yoga</b>  Studio 1 Jon Koga		
6:00 - 7:00 pm <b>ZUMBA FITNESS</b>  Sheena	6:00 - 7:00 pm <b>H.I.I.T.</b> Studio 1 Melisa	6:00 - 7:00 pm <b>BUNS &amp; GUNS</b> Studio 1 Luanne	6:30 - 7:30 pm <b>BEACH BODY</b> Studio 1 Fran			
7:00 - 8:00 pm <b>CYCLING</b> Studio 2 - Andy		7:00 - 8:00 pm <b>CYCLING</b> Studio 2 - Nicolle	7:30 - 8:30 pm <b>Barre</b> Studio 1 Danielle			
7:00 - 8:00 pm <b>BEACH BODY</b> Studio 1 Fran	7:00 - 8:00 pm <b>BOXING BOOTCAMP</b>  Studio 1 Mike	7:00 - 8:00 pm <b>YOGA</b>  Studio 1 Maria/Judi				
					<p><b>LEGEND - KEY</b></p> <ul style="list-style-type: none"> <li> INDOOR CYCLING</li> <li> SILVER SNEAKERS &amp;/or BEGINNERS</li> <li> RECENT CHANGE</li> </ul>	
					<p>*All classes accommodate beginners to advance fitness levels!</p>	