



## CLASS SCHEDULE

Effective 01/01/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30 am <b>CYCLING</b> Studio 2 - Ron	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		8:00 - 9:00 am <b>Kick,Punch&amp;Crunch</b> Studio 1-Nancy R.	8:00 - 9:00 am <b>CYCLING</b> Studio 2	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 - Kim	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	8:30 - 9:30 am <b>CYCLING</b> Studio 2 - Kristen
9:30 - 10:30 am <b>Yoga</b>  Studio 1 Jon Koga	9:30 - 10:30 am  <b>ZUMBA/TONING</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	9:00-10:00 am <b>BUNS &amp; GUNS</b>  Studio 1 Fran	9:00 - 10:00 am <b>KERBOOMKA</b>  Studio 1 - Andrea
10:30 - 11:30 am <b>YOGA PLUS</b>  Studio 1-Marybeth	10:30-11:30 am <b>IT'S PERSONAL</b>  Studio 1 Renae	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	10:00 - 11:00 am <b>Yoga</b>  Studio 1-Joni Koyu	10:00 - 11:00 am <b>YOGA</b>  Studio 1 Katie
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		

**Wear comfortable workout clothing, bring water & towel, mat if desired...we supply the rest!**  
**All classes are 55 minutes long, please arrive at scheduled times for equipment setup & proper warm-up!**

5:00 - 6:00 pm <b>CYCLING</b> Studio 2 - Melisa	5:00 - 6:00 pm <b>Yoga</b> Studio 1 Luanne	5:00 - 6:00 pm <b>BURN</b>  Studio 1 Melisa	5:30 - 6:30 pm <b>STRETCHING</b>  Studio 1-Amanda			
	6:00 - 7:00 pm <b>CYCLING</b> Studio 2-Nancy R.		6:00 - 7:00 pm <b>CYCLING</b> Studio 2-Marianne			
6:00 - 7:00 pm  <b>ZUMBA FITNESS</b> Studio 1 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>KERBOOMKA</b>  Studio 1 - Nikki			
7:00 - 8:00 pm <b>BEACH BODY</b>  Studio 1 Fran		7:00 - 8:00 pm <b>YOGA</b>  Studio 1 Maria/Judi				

**LEGEND - KEY**

- INDOOR CYCLING
- SILVER SNEAKERS &/or BEGINNERS
- RECENT CHANGE

\*All classes accommodate beginners to advance fitness levels!