

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 - 7:00am SPINNING Studio 2-Nancy S	6:00 - 7:00am SWEAT! Studio 1 Katie	6:00 - 7:00am SPINNING Studio 2-Nancy S			
		9:00 - 9:30am HARD CORE Studio 1 - Marty		9:00 - 9:30am HARD CORE Studio 1 - Marty	8:30 - 9:30 am SPINNING Studio 2 - Kim	8:30 - 9:30 am SPINNING Renaë/Catherine
9:30 - 10:30 am SPINNING Studio 2-Renaë	9:30 - 10:30 am SPINNING Studio 2 - Nancy	9:30 - 10:30 am SPINNING Studio 2 - Marty	9:30 - 10:30 am SPINNING Studio 2 - Joanne	9:30 - 10:30 am SPINNING Studio 2 - Marty	9:30 - 10:30 am BUNS & GUNS Studio 1 Kim	9:30 - 10:30 am ZUMBA/TONING Studio 1 Renaë
9:30 - 10:30 am ZUMBA FITNESS Studio 1 Maritza	9:30 - 10:30 am KICKBOXING & CORE Studio 1 Nancy R.	9:30 - 10:30 am ZUMBA FITNESS Studio 1 Renaë	9:30 - 10:30 am STEP IT UP! Studio 1 Kim	9:30 - 10:30 am WARRIOR WORKOUT Studio 1 Jamie	10:30-11:30 am ZUMBA FITNESS Studio 1 Catherine/Sue	10:30 am-11:30 pm YOGA Studio 1 Kim O.
10:30 - 11:30 am BUNS & GUNS Studio 1 Renaë	10:30-11:30 am INTERVAL INSANITY Studio 1 Nancy	10:30-11:30 am PILATES FUSION Studio 1 Renaë	10:30-11:30 am BUNS & GUNS Studio 1 Kim	10:30 - 11:30 am YOGA Studio 1 Kim O.		
	11:30am-12:30pm SilverSneakers Studio 1 - Nick		11:30am-12:30pm SilverSneakers Studio 1 -Nancy			
<i>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!</i>						
	4:30 - 5:30 pm SWEAT! Studio 1 Nick					
5:30 - 6:30 pm Barre fusion Studio 1 Katie	5:30 - 6:30 pm BUNS & GUNS Studio 1 Suzanne	5:30 - 6:30 pm INTERVAL INSANITY Studio 1 Nancy	5:30 - 6:30 pm BUNS & GUNS Studio 1 Suzanne/Nancy S			
6:30 - 7:30 pm SPINNING Studio 2 - Marty	6:30 - 7:30 pm SPINNING Studio 2 - Suzanne		6:30 - 7:30 pm SPINNING Suzanne/Nancy S		LEGEND - KEY	
6:30 - 7:30 pm PUMP Studio 1 Katie	6:30 - 7:30 pm ZUMBA FITNESS Studio 1 Martiza	6:30 - 7:30 pm BURN Studio 1 Nancy R.	6:30 - 7:30 pm ZUMBA FITNESS Studio 1 Maritza		SPINNING	
	7:30 - 8:30 pm YOGA Studio 1 Katherine	7:30 - 8:30 pm SPINNING Studio 2-Nancy R.	7:30 - 8:30 pm SWEAT! Studio 1 Nick		SILVER SNEAKERS &/or BEGINNERS	
					RECENT CHANGE	
					<i>*All classes accommodate beginners to advance fitness levels!</i>	