

MORNING

MID-MORNING

EARLY EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING 6:10-7:10am Jim	CYCLING 6:10-7:10am Jim	CYCLING 6:10-7:10am Jim	CYCLING 6:10-7:10am Jim	CYCLING 6:10-7:10am Jim	CYCLING 8:15-9:15am Jim	ZUMBA 10:30-11:30am Lisa M
CROSSFIT 6:30-7:15am Erica	PILATES 9-9:45am Janet	CROSSFIT 6:30-7:15am Erica	PILATES 9-9:45am Janet	CROSSFIT 6:30-7:15am Erica	HYPE SPIN 9:15-10am Aaron	
YOGA 8-9am Kathy P	ACTIVE AT ANY AGE CARDIO 9-9:45am Coleen	ACTIVE AT ANY AGE CIRCUIT 9-9:45am Coleen	ACTIVE AT ANY AGE CARDIO 9-9:45am Coleen	YOGA 8-9am Kathy P	FAMILY BOOTCAMP 9:30-10:15am Jim	
ACTIVE AT ANY AGE CIRCUIT 9-9:45am Coleen	FAMILY FUN HIIT 9-9:45am JoAnn	CARDIO SCULPT 9-9:45am Seth	BODYPUMP 9:15-10:15am Kathy P	ACTIVE AT ANY AGE CIRCUIT 9-9:45am Coleen	ZUMBA 10:15-11:15am Dustin	
CARDIO SCULPT 9-9:45am Seth	BODYPUMP 9:15-10:15am Kathy P	HIIT 9:15-10:15am Kathy P	ACTIVE AT ANY AGE STRENGTH 10-10:45am Coleen	FAMILY FUN HIIT 9-9:45am JoAnn	BODYFLOW 10:15-11:15am Carrie	
BARRE 9-9:45am Janet	ACTIVE AT ANY AGE STRENGTH 10-10:45am Coleen	ACTIVE AT ANY AGE YOGA 10-10:45am Coleen	ZUMBA 10-10:45am Sednima	TURBOKICK 9:15-9:45am Kathy P	YOUTH SPORTS BOOT CAMP 11am-12pm Jake	
ACTIVE AT ANY AGE YOGA 10-10:45am Coleen	ZUMBA 10-10:45am Sednima	CORE 10:00-10:30am Lisa H		ACTIVE AT ANY AGE YOGA 10-10:45am Coleen		
CORE 10:00-10:30am Lisa H	BODYFLOW 10-10:45am Carrie	ZUMBA 10:30-11:15am Kerri		BODYFLOW 10-10:45am Carrie		
ZUMBA 10:30-11:15am Kerri		BODYPUMP 12-12:45pm JoAnn		ZUMBA 10:30-11:15am Kerri		
BODYPUMP 12-12:45pm JoAnn	CYCLING 5:30-6:30pm Jim	CORE 1-1:30pm JoAnn/Lisa H	HYPE SPIN 5:15-6:00pm Aaron	HYPE SPIN 11:15am-12pm Aaron		
BOXING 5-6pm Trey	PILATES 5:30-6:30pm Theresa	CYCLING 5:30-6:30pm Jim	PILATES 5:30-6:30pm Theresa	BODYPUMP 12-12:45pm JoAnn		
CYCLING 5:30-6pm Jim	BODYPUMP 6-6:50pm JoAnn	YOGA 5:30-6:30pm Carrie	CYCLING 5:30-6:30pm Jim	<div style="background-color: #4a7c9c; color: white; padding: 10px;"> <p>NEW VIRTUAL GROUP EXERCISE SCHEDULE</p> <p>Join us for live group exercise classes from your favorite instructors. Zumba, Pilates, Yoga, Bodypump, and CrossFit are just some of the exciting classes waiting for you. Just have your membership barcode ready.</p>  </div>		
BOOTCAMP 6-6:30pm Jim	CROSSFIT 6:30-7:15pm Erica	BOXING 6-6:45pm Trey	BODYPUMP 6-6:50pm JoAnn			
CROSSFIT 6:30-7:15pm Erica	HIIT 7-7:30pm JoAnn	CROSSFIT 6:30-7:15pm Erica	CROSSFIT 6:30-7:15pm Erica			