

MONDAY			
Time	Studio	Class	Instructor
6:30 AM	Y	Yoga All Levels	Linda
8:15 AM	A	CxWorx	Donna
9:00 AM	A	Beginner Step	Donna
10:00 AM	Y	Yoga Beginner	Louanne
10:15 AM	A	Body Pump	Cheri/Lindsay
11:30 AM	Y	Zumba	Tish
12:00 PM	A	Shred IT	Bonnie
2:00 PM	A	Line Dancing Beginner	Brenda
4:15 PM	A	Boot Camp 45	Bonnie
5:30 PM	A	Body Pump	Angel
5:30 PM	Y	Body Flow (45)	Kathleen
6:30 PM	Y	Yoga with Weights	Louanne
6:30 PM	RB	Zumba	Charmaine
6:45 PM	A	Body Combat	Tammy

THURSDAY			
Time	Studio	Class	Instructor
6:00 AM	A	Body Pump	Kathleen
9:00 AM	A	Body Circuit	Sherian
9:00 AM	RP	Water Aerobics	Sue M.
10:00 AM	Y	Yoga Beginner	Linda
10:15 AM	A	Pilates Mat	Tory
12:00 PM	A	Body Pump	Bonnie
4:45 PM	A	Boot Camp (45)	Team
5:45 PM	A	Grit	Kathleen
6:00 PM	Y	Yoga All Levels	Linda
6:30 PM	A	Body Combat	Stephanie

SUNDAY			
Time	Studio	Class	Instructor
8:00 AM	A	Advanced Step	Scott
9:00 AM	Y	Yoga Beginner	Laura
9:15 AM	A	Body Attack	Steph/Angel
10:15 AM	Y	Yoga Int-Adv Level	Laura
10:30 AM	A	Body Pump	Stephanie

TUESDAY			
Time	Studio	Class	Instructor
5:45 AM	A	Body Pump	Brenda
7:00 AM	A	Grit	Kelly
9:00 AM	A	Body Circuit	Sherian
9:00 AM	RP	Water - Balance/Flex	Darlene
10:00 AM	Y	Yoga Beginner	Linda
10:15 AM	A	Pilates Mat	Tory
12:00 PM	A	Body Pump	Bonnie
5:00 PM	A	Body Pump	Dana
5:30 PM	Y	Cxworx	Tammy
6:15 PM	A	Body Attack	BA Team
6:15 PM	Y	Yoga All Levels	Kathleen

FRIDAY			
Time	Studio	Class	Instructor
6:00 AM	A	Grit	Stephanie
6:30 AM	Y	Yoga All Levels	Rachel
8:15 AM	A	Cxworx/Step	Donna
9:30 AM	A	Grit	Kelly
10:00 AM	Y	Yoga All Levels	Rachel
10:15 AM	A	Body Pump	Kelly
11:30 AM	A	Body Attack (45)	Angela/Kelly
2:00 PM	A	Line Dancing Int-Adv	Linda
5:30 PM	A	Body Pump	Priscilla

STUDIO KEY			
STUDIO A Located across from Café			
STUDIO S-Cycling			
STUDIO Y-Yoga/Mind/Body			
STUDIO RR - Reformer Room			
RB- Racquetball Court			
RP- Rec Inside Pool			

WEDNESDAY			
Time	Studio	Class	Instructor
5:30 AM	A	Grit	Scott
6:30 AM	Y	Yoga All Levels	Linda
9:30 AM	A	Grit	Kelly
10:00 AM	RR	Barre Fit	Sherian
10:00 AM	Y	Yoga All Levels	Louanne
10:15 AM	A	Body Pump	Luz
11:30 AM	A	Body Combat (45)	Luz
4:45 PM	A	Cxworx	Tammy
5:30 PM	RR	Barre Fit	Caroline
5:30 PM	A	Grit	Kathleen
5:30 PM	Y	Yoga All Levels	Louanne
6:15 PM	A	Body Pump	Luz
6:45 PM	Y	Zumba	Luz L.

SATURDAY			
Time	Studio	Class	Instructor
8:00 AM	A	Body Attack (45)	Stephanie
8:00 AM	Y	Pilates Mat	Heather
8:30 AM	RB	Zumba	Luz L.
9:00 AM	A	Grit	Kelly
9:15 AM	Y	Yoga All Levels	Louanne
9:45 AM	A	Body Pump	Luz O.
10:00 AM	RR	Barre Fit	Sherian
10:30 AM	Y	Step	Wendy
11:00 AM	A	Body Combat	Luz O.

SCHEDULE SUBJECT TO CHANGE AT ANYTIME