




















	MONDAY		TUESDAY		WEDNESDAY	THURSDAY		FRIDAY
6:45 AM			Rise & Shine Yoga 90 minutes ☀ Laura			Rise & Shine Yoga 90 minutes ☀ Laura		
7:00 AM	AM Cycling Rick 				AM Cycling 7:00-7:45 AM Mark			Advanced Cycling Rick 
8:00 AM						Pranayam Yoga 90 minutes Nand		
9:00 AM	Circuit Breaker Karlton		Cardio <sup>3</sup> Tony		Circuit Breaker Karlton	Step & Tone Deanne		Circuit Breaker Karlton
9:30 AM			My Yoga ‡ Nand					
10:00 AM	Total Body Deanne		 MSROM 1 Donna		Beginners' Yoga ‡ Nand	 Amanda	 MSROM 1 Rachel	Total Body Becky
11:00 AM	Yoga-Pilates Becky 		SS YogaStretch 30 minutes Donna		Total Body Deanne	SS YogaStretch 30 minutes Rachel		Yoga-Pilates Becky 
5:30 PM	AB BLAST # 15 minutes Angie	DT Breakdown Mary	 Mary	Super Cycling Rick 	Power Step Lisa	Karlton's Class Karlton	Super Cycling Angie 	Week-end Yoga 90 minutes Nand
6:00 PM	Super Cycling 60 minutes Angie 	 Mary						
6:30 PM	 Advanced Susan		Yoga- Pilates Becky 	Beginners Cycling Rick 	Power Hour Lisa	 Susan	Super Cycling Angie 	
7:30 PM			 Amanda		 Mary			

**SATURDAYS:** "Weekend Surprise" Instructor's Choice 9:10 – 10:30am  
Saturday Cycling 10:00 – 11:00am  
Silver Sneakers with Rachel 10:30 – 11:30am

All classes run 55 minutes unless otherwise specified and are held in Aerobics Room #1  
Group Cycling classes run 45 minutes and are held in the Cycling Room.  
10-13 year-olds may attend classes with a parent/guardian.

‡ = Karate Room # = Aerobics Room #2

### Group Water Fitness Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	H <sub>2</sub> O Fitness Deanne	H <sub>2</sub> O Fitness Joan	H <sub>2</sub> O Fitness Joan	H <sub>2</sub> O Fitness Joan	H <sub>2</sub> O Fitness Rachel