














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

SATURDAYS: "Weekend Surprise" Instructor's Choice 9:10 – 10:30am

Saturday Spin 9:30 – 10:30am

Silver Sneakers with Rachel 10:30 – 11:30am

All classes run 50-55 minutes unless otherwise specified
Group Spin classes run 45 minutes and are held in the Spin 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 ₂ O Fitness Deanne	H ₂ O Fitness Joan	H ₂ O Fitness Joan	H ₂ O Fitness Joan	H ₂ O Fitness Rachel
7:30 PM	H ₂ O Fitness Rachel		H ₂ O Fitness Rachel		