


















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

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 55 minutes unless otherwise specified and are held in Aerobics Room #1

Group Spin 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 ₂ O Fitness <i>Deanne</i>	H ₂ O Fitness <i>Joan</i>	H ₂ O Fitness <i>Joan</i>	H ₂ O Fitness <i>Joan</i>	H ₂ O Fitness <i>Rachel</i>