

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning 5:15 AM RR Lauren (S3)	Club Strength 5:15 AM Lauren (S1)	Spinning 5:15 AM RR Lauren (S3)	Tabata 5:15 AM Lauren (S1)	Mash Up 5:15 AM Cheryl (S1)	Plyoga 7:30 AM Kristine (S1)	Tabata 8:00 AM Cheryl (S1)
Forever Young 8:00 AM Theresa (S1)	Fitness Yoga 5:30 AM Nicole (S2)	Tababta 5:15 AM Cheryl (S1)	Fitness Yoga 5:30 AM Nicole (S2)	Spin 5:15 AM RR Lauren (S3)	Core Fusion 8:30 AM RR Natalie (S1)	H2O Blast 8:00 AM Denise (S4)
Fitness Yoga 8:00 AM Patti L. (S2)	Tababta 8:00 AM Cheryl (S1)	Chizel It 8:00 AM Lauren (S1)	Mash Up 8:00 AM Lauren (S1)	Zumba 8:00 AM Nicole (S1)	Fitness Yoga 8:30 AM Nicole (S2)	Zumba 9:00 AM Athena (S1)
Spinning 8:00 AM RR Lauren (S3)	Hardcore Abs 8:30 AM Megan (S2)	H2O Blast 8:00 AM Denise (S4)	Hardcore Abs 8:30 AM Megan (S2)	Spinning 8:00 AM RR Lauren (S3)	H2O Blast 9:00 AM Jill (S4)	Spinning 9:00 AM RR Wendy (S1)
Mash Up 9:00 AM Jenna (S1)	Club Strength 9:00 AM RR Dana (S1)	Zumba 9:00 AM Toni (S1)	H2O Blast 9:00 AM Pat H. (S4)	Mat Pilates 8:00 AM Judy (S2)	Club Strength 9:30 AM RR Gayle (S1)	Gentle Yoga 10:00 AM Joan/ Nanda (S1)
Chair Yoga 9:00 AM RR Hope (S2)	Simply Stretch 9:00 AM RR Megan (S2)	Spinning 9:00 AM RR Lauren (S3)	Club Strength 9:00 AM RR Cheryl (S1)	Tabata 9:00 AM Lauren (S1)	Spinning 9:30 AM RR Natalie (S3)	
H2O Blast 9:00 AM Theresa (S4)	Spinning 9:00 AM Lauren (S3)	Chair Yoga 9:00 AM RR Eileen (S2)	Simply Stretch 9:00 AM RR Megan (S2)	Chair Yoga 9:00 AM Joan (S2)		
Zumba 10:00 AM Michelle (S1)	H2O Blast 9:00 AM Theresa (S4)	H2O Blast 9:00 AM Judy (S1)	Balance 9:30 AM RR Judy (S2)	H2O Blast 9:00 AM Judy (S4)		
H2O Blast 10:00 AM Denise (S4)	Balance 9:30 AM RR Denise (S2)	Forever Young 10:00 AM Denise (S1)	Zumba Gold 10:00 AM Toni (S1)	Tai Chi 10:00 AM Jade (S2)		
Stretch 10:00 AM Patti (S2)	Dance Factory 10:00 AM Denise (S1)	Mat Pilates 10:00 AM Judy (S2)	Fitness Yoga 10:00 AM Hope (S2)	Forever Young 10:00 AM Denise (S1)		
Chair Yoga 10:30 AM RR Laura (S2)	Fitness Yoga 10:00 AM Theresa (S2)	Mash Up 4:30 PM Debbie (S1)	H2O Blast 10:00 AM Judy (S4)	Club Strength 4:30 PM Debbie (S1)		
Step & Sculpt 4:30 PM Christine (S1)	Bootcamp 4:30 PM Erin (S1)	Gentle Yoga 4:30 PM Hope (S2)	Chizel It 4:30 PM Cheryl (S1)	Tabata Express 5:30 PM Debbie (S1)		
Fitness Yoga 4:30 PM Jade (S2)	Spinning 5:00 PM RR Lauren (S3)	Hardcore Abs 5:30 PM Christine (S1)	H2O Blast 4:30 PM Jill M. (S4)			
H2O Blast 4:30 PM Heather (S4)	Tabata 5:30 PM Cheryl (S1)	Stretch 5:30 PM Jill S (S2)	Spinning 5:00 PM RR Christine (S3)			
Core Fusion 5:30 PM RR Natalie (S1)	Club Strength 6:00 PM Cheryl (S1)	Plyoga 6:00 PM Christine (S1)	Zumba 5:30 PM Danielle (S1)			
Chizel It 6:30 PM Debbie (S1)	H2O Blast 6:00 PM Jill M. (S4)	H2O Blast 6:30 PM Denise (S4)	Club Strength 6:30 PM Gayle (S1)			
Spinning 7:00 PM RR Wendy (S3)	Mat Pilates 6:00 PM Patti L. (S2)	Fitness Yoga 7:00 PM Kathy (S2)	Fitness Yoga 6:30 PM Emily (S2)			
	Zumba 7:00 PM Athena (S1)	Spinning 7:00 PM RR Erin (S3)				

Studio Key

- (S1)** Main Studio
- (S2)** Mind & Body Studio
- (S3)** Spin Studio
- (S4)** Pool

Reservation Required **RR**

Club Hours

Monday - Friday
5 AM - 11 PM


Saturday - Sunday
7 AM - 7 PM

Kids' Club Hours

Monday - Friday
8 AM - 12 PM & 4 PM - 8 PM

Saturday - Sunday
8 AM - 12 PM

Note: Class and instructors are subject to change without prior notice. **Reservations open at 5 AM. As a courtesy to other members, please arrive to class on time.**

 Cellphones are not permitted in class. Thank You