

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