

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Cycle</b> 5:45 AM Jen L.	<b>BODYPUMP</b> 5:45 AM Jen G.   (S1)	<b>Zumba</b> 9:00 AM Tatiana   (S1)	<b>BODYPUMP</b> 5:45 AM Jen L.   (S1)	<b>Cycle</b> 5:45 AM Jen E.	<b>BODYCOMBAT</b> 8:00 AM Jen G.   (S1)	<b>Cycle</b> 8:00 AM Laura/ Ken   75 Min
<b>BODYPUMP</b> 9:00 AM Michelle G.   (S1)	<b>Flex</b> 9:00 AM Rebecca   (S1)	<b>Cardio Rip</b> 9:00 AM Rebecca   (S2)	<b>Cardio Rip</b> 9:00 AM Rebecca   (S2)	<b>Aqua Splash</b> 9:00 AM Sharon	<b>Cardio Interval</b> 8:00 AM Laura   (S2)	<b>BODYCOMBAT</b> 9:15 AM Sue   (S1)
<b>Cycle</b> 9:00 AM Laura	<b>Cycle</b> 9:00 AM Epie	<b>Cycle</b> 9:00 AM Maggie	<b>Aqua Splash</b> 9:00 AM Laura	<b>Cycle</b> 9:00 AM Laura	<b>Cycle</b> 8:00 AM Ken	<b>Pilates</b> 10:15 AM Sue   (S2)
<b>Gentle Pilates</b> 9:00 AM Nicole   (S2)	<b>Cardio Lite</b> 9:00 AM Sharon   (S2)	<b>Aqua Splash</b> 9:00 AM Sharon	<b>CX Worx</b> 9:00 AM Epie   (S1)	<b>PIYO</b> 9:00 AM Nicole   (S1)	<b>H2O Blast</b> 9:00 AM Stephanie	<b>BODYPUMP</b> 10:20 AM Kerri   (S1)
<b>Water Circuit</b> 9:00 AM Rebecca	<b>Aqua Lite</b> 9:00 AM Laura	<b>Aqua Pilates</b> 10:00 AM Sharon	<b>BODYCOMBAT</b> 9:30 AM Epie   (S1)	<b>Zumba</b> 9:00 AM Tatiana   (S2)	<b>Pilates</b> 9:05 AM Sharon   (S2)	<b>Yoga</b> 11:15 AM Edd   (S2)
<b>Barre</b> 10:00 AM 6:00 PM	<b>Step &amp; Sculpt</b> 10:00 AM	<b>BODYPUMP</b> 10:15 AM Kerri   (S1)	<b>Arthritis Aqua</b> 9:50 AM Sharon	<b>Barre Challenge</b> 10:00 AM Nicole   (PS)	<b>BODYPUMP</b> 9:15 AM Michelle/ Dorothy   (S1)	<b>CX Worx</b> 11:30 AM Kerri   (S1)
<b>Aqua Splash</b> 10:00 AM Laura	<b>Aqua Splash</b> 10:00 AM Laura	<b>Lite Yoga for Arthritis</b> 11:00 AM Kori   (S2)	<b>Bootcamp</b> 10:00/10:30 AM Adam   (S2)	<b>Chizel It</b> 10:00 AM Laura   (S2)	<b>Power Yoga</b> 10:05 AM Edd   (S2)	
<b>Cardio Fusion</b> 10:00 AM Sharon   (S2)	<b>BODYCOMBAT</b> 10:00 AM Alternating (S1)	<b>Arthritis Aqua</b> 11:00 AM Sharon	<b>Pilates</b> 10:35 AM Sharon	<b>Aqua Lite</b> 10:00 AM Sharon   (S1)	<b>Sh'Bam</b> 10:20 AM Lisa/ Dorothy   (S1)	
<b>CX Worx</b> 10:10 AM Epie   (S1)	<b>BODYATTACK</b> 10:00 AM Alternating (S1)	<b>Zumba</b> 11:30 AM Sari   (S1)	<b>Yoga</b> 11:35 AM Megan   (S1)	<b>BODYPUMP</b> 10:15 AM Epie   (S1)	<b>BODYATTACK</b> 11:35 AM Kerri (S1)	
<b>Express Body Blast</b> 10:40 AM Epie   (S1)	<b>Pilates</b> 11:05 AM Sharon   (S1)	<b>Cardio &amp; Pilates</b> 5:30 PM Sharon   (S1)	<b>Cycle</b> 5:45 PM Laura	<b>Arthritis Exercise</b> 11:00 AM Sharon   (S2)		
<b>Arthritis Aqua</b> 11:00 AM Lee	<b>Tai Chi</b> 11:00 AM Peter   (S2)	<b>Cycle</b> 6:00 PM Amy	<b>Zumba</b> 6:15 PM Becky   (S2)	<b>Arthritis Aqua</b> 11:05 AM Laura		
<b>Lite Yoga for Arthritis</b> 11:00 AM Kori   (S2)	<b>Yoga</b> 12:05 PM Stefanie   (S1)	<b>CX Worx</b> 7:00 PM Emily   (S1)	<b>Cycle</b> 5:45 PM Laura	<b>BODYPUMP</b> 5:45 PM Amy   (S1)		
<b>Pilates</b> 11:15 AM Sharon   (S1)	<b>BODYPUMP</b> 5:30 PM Betty   (S1)	<b>Cool Cardio Conditioning</b> 7:00 PM Barbara	<b>Zumba</b> 6:15 PM Becky   (S2)	<b>Arthritis Aqua</b> 11:05 AM Laura		
<b>Dancefactory</b> 4:15 PM Sari   (S1)	<b>CX Worx</b> 6:30 PM Betty   (S1)	<b>BODYATTACK</b> 7:35/8:05 PM Emily	<b>BODYPUMP</b> 7:00 PM Kerri   (S1)	<b>BODYPUMP</b> 5:45 PM Amy   (S1)		
<b>Zumba</b> 5:15 PM Becky   (S1)	<b>H2O Blast</b> 7:00 PM Barbara		<b>Beginner Ballroom</b> 7:30 PM Resti/ Diana   (S2)			
<b>Cycle</b> 6:00 PM Amy	<b>BODYCOMBAT</b> 7:05 PM Jen/ Michelle   (S1)		<b>Intermediate Ballroom</b> 8:30 PM Resti/ Diana   (S2)			
<b>Water Circuit</b> 6:00 PM Stephanie   60 Min	<b>Yoga</b> 8:00 PM Edd/ Cheryl   (S2)					
<b>BODYPUMP</b> 6:30 PM Jen G.   (S1)						
<b>Cardio &amp; Pilates</b> 7:00 PM Sharon   (S2)						
<b>Yoga</b> 8:00 PM Emily   (S1)						

**Studio Key**  
**(S1)** Studio 1  
**(S2)** Studio 2  
**(PS)** Pilates Studio

Reservation Required

**Club Hours**  
**Monday - Friday**  
5 AM - 11PM  
**Saturday - Sunday**  
7AM - 7PM

**Kids' Club Hours**  
**Monday - Friday**  
8:30 AM - 1 PM & 4 PM-8:30 PM  
**Saturday - Sunday**  
8AM-1PM

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

Cellphones are not permitted in class. Thank You