

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning 5:15 AM Lisa	Boot Camp 5:15 AM Keenan	Spinning 5:15 AM RR Lisa	Bootcamp 5:15 AM Keenan	Spinning 5:15 AM Gayelisa	Traditional Ballet 7:00 AM Amber	Spinning 7:15 AM Gayelisa
BODYPUMP 9:00 AM RR Anna	Fitness Yoga 6:45 AM Kristen	H2O Blast 5:30 AM Anna	Fitness Yoga 6:45 AM Kristen	Club Strength 6:00 AM Erica	Spinning 7:15 AM Gayelisa	Intro to Spin 8:15 AM Gayelisa
Spinning 9:15 AM RR Gina	Spinning 8:30 AM RR Amy	Gentle Yoga 8:00 AM Katherine	Bottoms Up 8:30 AM Deb	Gentle Yoga 8:00 AM Aina	Fitness yoga 8:00 AM Annie/Kristen	BODYCOMBAT 8:30 AM Gina
Chair Yoga 9:15 AM Elieen	Ballet Barre 8:30 AM Amber	BODYCOMBAT 8:30 AM Gina	Barre Ballet 8:45 AM Amber	Spinning 8:30 AM Amy	Spinning 8:15 AM Lisa	Gentle Yoga 8:30 AM Katherine
CX Worx 10:05 AM Gina	H2O Blast 9:30 AM Erin C.	Spinning 9:15 AM RR Kellie	Spinning 9:15 AM RR Gina	Aquasize 9:00 AM Eric C.	Bottoms Up 9:05 AM Natalie	Piyo 9:30 AM Jennifer
BODYCOMBAT 10:10 AM Anna	Tabata Fit 9:30 AM Gina	H2O Blast 9:30 AM Erin	Chizel It 9:15 AM Deb	P90X 9:00 AM Jennifer	BODYCOMBAT 9:15 AM Kellie	BODYPUMP 9:40 AM Gina
H2O Blast 10:30 AM Erin	Mat Pilates 9:35 AM Deb	BODYPUMP 9:40 AM Gina	Aqua Arthritis 9:30 AM Erin	Piyo 9:05 AM Deb	Aqua Pilates 10:00 AM Deb L.	Zumba 10:45 AM Allison
Gentle Yoga 11:00 AM Hope	Zumba 10:40 AM Sharon	Sticks And Core 10:00 AM Deb	CX Worx 10:05 AM Anna	BODYPUMP Express 10:00 AM Anna/ Gina	Bootcamp 10:15 AM Lauren	
Zumba Toning 11:15 AM Miladys	Arthritis Toning 11:00 AM Erin/Deb	Zumba 11:00 AM Michelle	Zumba Toning 10:40 AM Miladys	Zumba 10:45 AM Sharon		
Bottoms Up 4:45 PM Kellie	CX Worx 4:30 PM Daniela	Chair Yoga 11:00 AM Hope	Spinning 5:15 PM RR Gina	Arthritis Toning 11:00 AM Erin		
BODYCOMBAT 5:30 PM Kellie	Zumba 5:00 PM Evan	Step & Sculpt 4:30 PM Danielle	Pound 5:30 PM Lisa	Spinning 5:15 PM RR Natalie		
H2O Blast 5:30 PM Debra L.	Spinning 5:15 PM RR Danielle	BODYCOMBAT 5:30 PM Anna	Gentle Yoga 6:00 PM Aina	Fitness Yoga 6:15 PM Hope		
Fitness Yoga 6:00 PM Hope	Bootcamp 6:00 PM Erica	Fitness Yoga 5:30 PM Annie	H2O Blast 6:30 PM Lisa P.	Bootcamp 6:15 PM Keenan		
BODYPUMP 6:40 PM Danielle	Intro Piyo 6:15 PM Deb	Spinning 5:30 PM Natalie	Piyo 6:15 PM Deb			
Spinning 7:00 PM Gayelisa 45 Min	H2O Blast 6:30 PM Deb L.	BODYPUMP 6:35 PM RR Anna	Spinning 7:00 PM Gayelisa			
Piyo 7:00 PM Jennifer	Zumba 7:00 PM Amber	Ballet Barre 7:15 PM Amber	Chizel It 7:15 PM Deb			
	Mat Pilates 7:15 PM Deb		Ballroom Dancing 7:30 PM Jamie/ Brad			

Reservation Required **RR**

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

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

Note: Class and instructors are subject to change without prior notice. **Reservations open at 4PM. As a courtesy to other members, please arrive to class on time.**

Cellphones are not permitted in class. Thank You