


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Boot Camp</b> 5:00 AM Alison	<b>Bottoms Up</b> 6:00 AM Lisa M.	<b>Boot Camp</b> 5:00 AM Pattie	<b>Simple Yoga</b> 5:00 AM Jesse   60 Min	<b>Boot Camp</b> 5:00 AM Lisa M.	<b>TKO</b> 7:15 AM Patti	<b>Simple Yoga</b> 7:00 AM Jesse   60 Min
<b>Spinning</b> 6:00 AM <b>RR</b> Lisa A.	<b>Simple Yoga</b> 7:30 AM Jesse   60 Min	<b>Spinning</b> 6:00 AM <b>RR</b> Lisa A.	<b>BODY BLAST</b> 6:00 AM Lisa M.	<b>Spinning</b> <b>HIIT Ride</b> 6:00 AM <b>RR</b> Lisa M.	<b>Spinning</b> 8:15 AM <b>RR</b> Jim	<b>Spinning</b> 8:00 AM <b>RR</b> Devin\Darren\Pattie
<b>Aquasize</b> 8:30 AM Kathy	<b>BODYCOMBAT</b> 9:00 AM Christine	<b>Aqua Zumba</b> 8:30 AM Karin	<b>Club Strength</b> 8:00 AM Ken	<b>Express Core</b> <b>Crush</b> 6:30 AM Lisa M.   30 Min	<b>Step Fusion/ Body Blast</b> 8:30 AM Naomi/ Patti	<b>Club Strength</b> 8:15 AM Steph
<b>Club Strength</b> 8:00 AM Ken	<b>Aquasize</b> 9:30 AM Pattie	<b>Spinning</b> 9:15 AM <b>RR</b> Lisa M.	<b>Spinning</b> 9:15 AM <b>RR</b> Devin	<b>Pilates Mat</b> 7:00 AM Patti	<b>Pilates Mat</b> 9:30 AM Alice   Adrienne	<b>Body Blast</b> 9:15 AM Christine
<b>Chair Yoga</b> 9:00 AM <b>RR</b> Jesse	<b>Spinning</b> 9:00 AM <b>RR</b> Devin	<b>Express</b> <b>Combat/Core</b> 9:00/9:30 AM Christine   30 Min	<b>Zumba</b> 9:15 AM Dara	<b>BODYCOMBAT</b> 8:30 AM Christine	<b>Aquasize</b> 9:30 AM Patti	<b>BODYCOMBAT</b> 10:15 AM Christine
<b>HIIT Spin</b> 9:00 AM <b>RR</b> Stefani	<b>Club Strength</b> 10:00 AM Katie	<b>Simple Cardio</b> <b>Interval</b> 10:15 AM Jesse	<b>Aqua Zumba</b> 9:30 AM April	<b>Aquasize</b> 8:30 AM Kathy		
<b>Freestyle</b> <b>Fitness</b> 10:00 AM Katie	<b>Hot Vinyasa</b> <b>Flow</b> 11:15 AM Jesse   60 Min	<b>Simple Yoga</b> 12:00 PM Jesse   60 Min	<b>Stretch</b> 10:45 AM Jesse	<b>Spinning</b> 8:30 AM <b>RR</b> Jim		
<b>Simple Cardio</b> 11:00 AM Katie	<b>Freestyle</b> <b>Fitness</b> 4:30 PM Katie	<b>Core</b> <b>Conditioning</b> 4:00 PM Cathy	<b>Urban Kick</b> 4:30 PM Katie   45 Minutes	<b>Hatha Yoga</b> 9:30 AM Jesse   60 Min		
<b>Core Conditioning</b> 4:15 PM <b>RR</b> Cathy	<b>Zumba</b> 5:15 PM Karen	<b>Core</b> <b>Conditioning</b> 4:00 PM Cathy	<b>Body Blast</b> 5:15 PM Dana	<b>Axel Fusion</b> 10:30 AM <b>RR</b> Katie		
<b>XFIT30</b> 5:15 PM Wendi	<b>Spinning</b> 6:00 PM <b>RR</b> Jim	<b>HIIT SPIN</b> 4:30 PM <b>RR</b> Wendi   30 Min	<b>Spinning</b> 6:15 PM <b>RR</b> Jim	<b>Simple Cardio</b> <b>Interval</b> 11:00 AM Katie		<b>Cardiac Rehab</b> Phase 3 Classes <b>Mon   Wed   Fri</b> 8AM, 10AM, 11AM
<b>Express Cardio</b> <b>Core</b> 5:45 PM Wendi   30 Min	<b>BODYCOMBAT</b> 6:15 PM Christine	<b>Intro to</b> <b>Spinning</b> 5:00 PM Jim   First Wed	<b>Aqua Zumba</b> 6:00 PM Karin	<b>Core</b> <b>Conditioning</b> 4:15 PM Cathy   60 Min		
<b>Spinning</b> 6:00 PM <b>RR</b> Jim	<b>Aqua Zumba</b> 6:15 PM Karin   45 Min	<b>XFIT30/ Express Cardio</b> <b>Core</b> 5:00/5:30 PM Wendi   30 Min	<b>Boot Camp</b> 6:15 PM Sean	<b>HITT Spin</b> 5:30 PM <b>RR</b> Adrienne   30 Min		
<b>Simple Yoga</b> 6:15 PM Jesse	<b>Hatha Yoga</b> 7:15 PM Jesse	<b>BODYPUMP</b> 6:15 PM <b>RR</b> Adrienne	<b>Hatha Yoga</b> 7:15 PM Katheryn   60 Min	<b>Cardio Core</b> 6:00 PM Adrienne   30 Min		
<b>Pilates Mat</b> 7:15 PM Patti   45 Min		<b>Spinning</b> 6:15 PM <b>RR</b> Jim				
		<b>Hatha Yoga</b> 7:30 PM Katheryn   60 Min				

**Club Hours**  
**Monday-Friday**  
 4:30 AM - 11 PM  
**Saturday-Sunday**  
 7 AM - 7PM

**Kids' Club Hours**  
**Monday-Friday**  
 8AM-12PM & 4PM-8PM  
**Saturday**  
 8AM-12PM

**Note:** Class and instructors are subject to change without prior notice. **Reservations open at 4:30 AM. As a courtesy to other members, please arrive to class on time.**

 Cellphones are not permitted in class. Thank You