

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp 9:15 AM RR Lisa Hlifka	Insanity 6:00 AM Will	Sunrise Yoga 6:00 AM Yogini	Core Conditioning 6:00 AM Will 45 Min	Spinning 6:00 AM Terri	Jump Rope & More 8:00 AM RR Adam 45 Min	Spinning 8:00 AM RR Terri
Aquasize 9:30 AM Donna I	Pedal Fusion 8:30 AM RR Lisa Hlifka	Bootcamp 8:00 AM Rafael	Insanity 9:15 AM Will 45 Min	HIIT Ride/Core 8:30 AM RR Lisa H	BODYPUMP 9:15 AM Yvette	Step Challenge 8:30 AM Sarah
Spinning 10:15 AM Carmela	BODYPUMP 9:15 AM Ruthie	BODYCOMBAT 9:15 AM Ruthie	Active Forever 9:30 AM Mike Mind/Body Studio	Abs Express 9:00 AM Lisa H 30 Min	Fitness Yoga 9:15 AM Ben Mind/Body Studio	BODYCOMBAT 9:30 AM Lisa D
Fitness Yoga 10:30 AM Nick Mind/Body Studio	Fitness Yoga 10:30 AM Louisa Mind/Body Studio	Aquasize 9:30 AM Joanne	Spinning 10:00 AM RR Carmela	Aquasize 9:30 AM Louise	Spinning 9:30 AM Steve	BODYPUMP 10:30 AM Lenka
Zumba 10:30 AM RR Erin	BODYCOMBAT 10:30 AM Natalie	Spinning 9:30 AM RR Carmela	BODYPUMP 10:30 AM Ruthie	Super Circuits 9:30 AM Rafael	Aquasize 9:30 AM Donna F	Zumba 12:00 PM Marisella
BODYPUMP 5:00 PM Yvette	BODYCOMBAT 10:30 AM Natalie	Gental Yoga 10:30 AM Kay Mind/Body Studio	BODYPUMP 5:00 PM Amaris	Fitness Yoga 10:30 AM Jason Mind/Body Studio	Body Basics 10:30 AM Mike	
Fitness Yoga 6:00 PM Ben Mind/Body Studio	Super Circuits 5:00 PM Adam	Zumba 10:30 AM Erin	Insanity 6:00 PM Will 30 Min	BODYCOMBAT 10:30 AM Ruthie	Zumba 12:00 PM Stephany	
Step Hip Hop 6:00 PM	Spinning 5:45 PM RR Joelle	Hip Hop 5:00 PM Alexia	Spinning 6:00 PM RR Steve	Spinning 12:00 PM Carmela		
Spinning 6:15 PM RR Carmela	BODYCOMBAT 6:00 PM Natalie	BODYCOMBAT 6:15 PM Nicole	Hip Hop 6:45 PM Alexia			
Alexia	Zumba 7:00 PM Marisella	Spinning 6:00 PM RR Carmela		Hip Hop 7:00 PM Alexia		
BODYCOMBAT 7:15 PM Lisa D		Aquasize 6:30 PM Donna F				
		Body Basics 7:15 PM Mike				
		Fitness Yoga 8:00 PM Jason Mind/Body Studio				

Reservation **RR** Required

Club Hours
Open 24 Hours

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

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



Cellphones are not permitted in class. Thank You