

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Boot Camp 9:15 AM RR Katie	Super Circuits 6:00 AM Rafael	Gentle Yoga 6:00 AM Yogini	Insanity 6:00 AM Will 45 Min	Spinning 6:00 AM RR 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	Active Forever 9:30 AM Mike Mind/Body Studio	Spinning 8:30 AM RR Michele	BODYPUMP 9:15 AM Yvette	Advanced Step 8:30 AM Sarah
Spinning 10:15 AM RR Carmela	BODYPUMP 9:15 AM Ruthie	BODYCOMBAT 9:15 AM Ruthie	PIYO 9:30 AM Katie	Hard Core Abs 9:00 AM William	Fitness Yoga 9:15 AM Ben Mind/Body Studio	BODYCOMBAT 9:30 AM Lisa D
Fitness Yoga 10:30 AM Nick Mind/Body Studio	Simple Cardio 9:30 AM Katie	Aquasize 9:30 AM Joanne	Spinning 10:00 AM RR Carmela	Bootcamp 9:30 AM Rafael	Spinning 9:30 AM RR Steve	BODYPUMP 10:30 AM Lenka
Zumba 10:30 AM RR Erin	Fitness Yoga 10:30 AM Louisa Mind/Body Studio	Spinning 9:30 AM RR Carmela	BODYPUMP 10:30 AM Ruthie	Aquasize 9:30 AM Louise	Aquasize 9:30 AM Donna F	Hip Hop 12:00 PM Alexia
Bootcamp 5:00 PM Katie	BODYCOMBAT 10:30 AM Natalie	Gental Yoga 10:30 AM Kay Mind/Body Studio	PIYO 4:15 PM Katie	Fitness Yoga 10:30 AM Nicholas Mind/Body Studio	MashUp 10:30 AM Mike	
Fitness Yoga 6:00 PM Ben Mind/Body Studio	Zumba 4:00 PM Marisella	Zumba 10:30 AM Erin	BODYPUMP 5:00 PM Amaris	BODYCOMBAT 10:30 AM Ruthie	Zumba 12:00 PM Stephany	
MashUp 6:00 PM Michael	Super Circuits 5:00 PM Adam	Hip Hop 5:00 PM Alexia	Insanity 6:00 PM Will 30 Min	Spinning 12:00 PM RR Carmela		
Spinning 6:15 PM RR Carmela	Spinning 5:45 PM RR Joelle	Spinning 6:00 PM RR Carmela	Spinning 6:00 PM RR Steve	Hip Hop 6:00 PM Alexia		
BODYCOMBAT 7:15 PM Lisa D	Pro Series 6:00 PM Staff	Aquasize 6:00 PM Donna F	Hip Hop 6:45 PM Alexia			
	BODYPUMP 7:00 PM Yvette	BODYCOMBAT 6:15 PM Nicole				
		MashUp 7:15 PM Mike				
		Fitness Yoga 8:00 PM Jason Mind/Body Studio				

Reservation Required **RR**

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
Sunday
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