

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>BODYPUMP</b> 5:45 AM <b>RR</b> Lenka   45 Min	<b>Spinning</b> 5:45 AM <b>RR</b> Steve	<b>Body Shred</b> 6:00 AM Will   30 Min	<b>Spinning</b> 5:45 AM <b>RR</b> Steve	<b>Silver Spin</b> 8:00 AM <b>RR</b> Robin   30 Min	<b>Spinning</b> 8:15 AM <b>RR</b> Ann	<b>Fitness Yoga</b> 9:15 AM Sandy
<b>Chair Yoga</b> 7:45 AM Yogini   45 Min	<b>Active Forever</b> 8:00 AM <b>RR</b> Frank	<b>Zumba</b> 8:00 AM <b>RR</b> <b>NEW</b> Evelyn   45 min	<b>Active Forever</b> 8:00 AM Frank	<b>Body Shred</b> 8:30 AM Ann   30 Min	<b>Step</b> 8:30 AM <b>RR</b> Frank   45 Min	<b>Spinning</b> 9:45 AM <b>RR</b> <b>NEW</b> Ann   45 Min
<b>Barre Dynamic</b> 8:30 AM Evelyn   45 Min	<b>Zumba</b> 9:15 AM <b>RR</b> Erin	<b>Barre Dynamic</b> 8:45 AM <b>NEW</b> Evelyn   45 Min	<b>Pedal Fusion</b> 8:30 AM <b>RR</b> Aneta   45 Min	<b>BODYPUMP</b> 9:15 AM <b>RR</b> Cheryl	<b>Aquasize</b> 9:30 AM Donna	<b>UrbanKick</b> 10:30 AM Alex   45 Min
<b>BODYPUMP</b> 9:15 AM <b>RR</b> Ann	<b>Spinning</b> 9:30 AM <b>RR</b> Ann	<b>MashUp</b> 9:15 AM Robin	<b>MashUp</b> 9:15 AM Ann	<b>Aquasize</b> 9:30 AM Linda	<b>BODYPUMP</b> 9:30 AM <b>RR</b> Nicole	<b>Family Fun Swim</b> 11-1 PM Fee \$5
<b>Aquasize</b> 9:30 AM Linda	<b>Aquasize</b> 9:30 AM <b>NEW</b> Anthony	<b>Aquasize</b> 9:30 AM <b>NEW</b> Myla	<b>Aquasize</b> 9:30 AM <b>NEW</b> Kris	<b>Pedal Fusion</b> 9:30 AM <b>RR</b> Joelle	<b>Fitness Yoga</b> 10:45 AM Jason	
<b>Spinning</b> 9:30 AM <b>RR</b> <b>NEW</b> Team	<b>Axle</b> 10:15 AM <b>RR</b> Jill 30 Min	<b>Pedal Fusion</b> 9:30 AM <b>RR</b> Ann	<b>Pilates</b> 10:15 AM Ann   30 Min	<b>Gentle Yoga</b> 11:00 AM Robyn	<b>Zumba</b> 11:45 AM <b>RR</b> Krystal	
<b>UrbanKick</b> 10:15 AM Ann	<b>Fitness Yoga</b> 11:00 AM Yogini	<b>Gentle Yoga</b> 10:45 AM Diane	<b>Zumba</b> 10:45 AM <b>RR</b> Erin	<b>Zumba</b> 5:00 PM <b>RR</b> Erin	<b>Family Fun Swim</b> 1-3 PM Fee \$5	
<b>Zumba</b> 4:30 PM <b>RR</b> Erin	<b>Body Shred</b> 5:00 PM <b>RR</b> Erin   30 Min	<b>UrbanKick</b> 4:30 PM Ann   45 Min	<b>BODYPUMP</b> 4:30 PM <b>RR</b> Ann	<b>Spinning</b> 5:15 PM <b>RR</b> Rochelle   45 Min		
<b>Piyo</b> 5:45 PM Nina/Tamara	<b>BODYPUMP</b> 5:45 PM Amaris	<b>Step Fusion</b> 5:30 PM <b>RR</b> Frank	<b>UrbanKick</b> 5:30 PM Kathleen   45 Min			
<b>Spinning</b> 6:15 PM <b>RR</b> Eric	<b>Barre Dynamic</b> 5:45 PM Erin   45 Min	<b>Pedal Fusion</b> 5:30 PM <b>RR</b> Joelle	<b>Barre Dynamic</b> 5:45 PM Evelyn   45 Min			
<b>Hip Hop</b> 7:00 PM <b>NEW</b> Alexia	<b>Aquasize</b> 6:00 PM Kris	<b>Fitness Yoga</b> 6:45 PM Sandy	<b>Aquasize</b> 6:00 PM Donna			
	<b>Fitness Yoga</b> 7:00 PM Jason		<b>Hip Hop</b> 6:30 PM <b>NEW</b> Jemila			

This tag is universal for highlighting times adjustments, class additions or instructors changes.

**NEW**

Reservation Required **RR**

**Club Hours**  
Open 24 Hours

**Kids' Club Hours**  
**Monday-Friday**  
9AM-12PM & 4PM-8PM  
**Saturday**  
8AM-1PM  
**Sunday**  
9AM-12PM

**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