


| 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