


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