

MONDAY					TUESDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
LES MILLS BODYPUMP 5:30am-6:00am LAURA			6:00am - 7:00am CYCLE GINA		6:00am - 7:00am KBOX BOOTCAMP BETSY			5:30am - 6:00am SPRINT JULIA	
	GRIT CARDIO 6:00am-6:30am CASEY								
			9:30am - 10:30am CYCLE STACEY	8:00am - 8:45am AQUA PLUNGE (Lap) SUSAN	9:00am-9:55am KBOX BOOTCAMP JAMIE		9:00am - 9:55am MAT PILATES MAGGIE	9:00am - 10:00am CYCLE ANDY	9:30am - 10:30am AQUA PUMP(Thera) ELIZABETH
9:00am - 9:30am CORE DE FORCE ANDY		9:30am - 10:30am YOGA VINYASA ALLISON		8:45am - 9:45am H2O INTERVAL (Thera) SUSAN	LES MILLS BODYPUMP 10:00am-11:00 am MAGGIE	10:00am-10:30am FOAM ROLL STRETCH JAMIE	10:00am - 11:00am HATHA YOGA KERI		10:30am and 11:00am PARENT & ME
9:30am - 10:25am H.I.I.T. ANDY	10:00am - 11:00am TOTAL BODY CONDITIONING CERIBET	10:30am - 11:30am RAISE THE BARRE CRISTY			11:30am-12:15pm JUST MOVE BARRY	12:15pm-1:00pm ZUMBA GOLD BARRY	11:30am-12:30pm YOGA FOR ALL CAROL		PRE-REGISTRATION REQUIRED
LES MILLS BODYPUMP 11:30am - 11:30am STACEY	11:00am - 12:00pm SEATED STRENGTH ROB	11:30am - 12:00pm MAT PILATES CRISTY							11:15pm-12:15pm AQUA YOGA(Thera) KERI
11:30am - 12:30pm SALSA AEROBICS DANIEL	12:00pm - 1:00pm JUST MOVE TOMMY			12:00pm-1:00pm AQUA SCULPT (Thera) CERIBET					
		4:30pm - 5:30pm MAT PILATES BRIANNA	4:30pm - 5:30pm CYCLE CHERI		LES MILLS BODYPUMP 4:00pm-5:00pm LAURA	4:30pm - 5:00pm CORE STRENGTH KAREN			
	5:30pm - 6:30pm CARDIO KICK ABS MARIA	6:00pm - 6:55pm POWER PILATES LUCIA			LES MILLS BODYPUMP 5:30pm-6:30pm TONY	5:00pm - 5:30pm ON THE BALL KAREN	5:15pm - 6:15pm YOGA VINYASA KELLY		
LES MILLS BODYPUMP 6:30pm - 7:30pm JULIA	6:30pm - 7:30pm P90X Live MARIA	7:00pm - 8:00pm HATHA YOGA KIRSTEN	6:15pm - 7:15pm CYCLE ANDREA		6:30pm - 7:25pm ZUMBA CLAUDIA	5:30pm - 6:30pm THUG DONAY	6:30pm- 7:30pm BLISS YOGA KELLY	6:30pm - 7:30pm MY RIDE JAMIE	6:00pm - 7:00pm SPLASH & STRENGTH(LAP) CERIBET
7:30pm - 8:30pm BOXING RAYMOND	7:30pm - 8:30pm ZUMBA ANDREA	8:00pm - 9:00pm MEDITATION NICK	 7:30pm - 8:00pm SPRINT SANDRA		GRIT STRENGTH 7:30pm-8:00pm SANDRA	LES MILLS BODYCOMBAT 6:30pm - 7:30pm TONY	7:30pm - 8:30pm ART OF FLEXIBILITY DONAY		6:00PM - 7:00PM swim team
WEDNESDAY					THURSDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
LES MILLS BODYCOMBAT 5:30am-6:00am MIKE			6:00am - 7:00am CYCLE DEVIN		LES MILLS BODYPUMP 5:30am-6:30am ANNMARIE			5:30am - 6:00am CASEY	
GRIT STRENGTH 6:00am-6:30am MIKE									
		8:00am - 9:00am POWER FLOW JOSHUA					6:00am - 7:00am POWER FLOW JOSHUA		
9:00am - 9:30am H. I. I. T. MARIA			9:30am - 10:30am MY RIDE CHERI	10:00am - 11:00am AQUA SCULPT(Thera) MAGGIE	9:00am - 9:55am BOOTCAMP JONATHAN	LES MILLS BODYCOMBAT 10:00am-11:00am MAGGIE	9:30am-10:30am PILATES BAR FUSION CHARITY	9:30am - 10:30am CYCLE ANDY	9:00am - 10:00am POOLATES(Thera) CERIBET
9:30am - 10:30am 20/20/20 MARIA	10:30am - 11:30am GENTLE YOGA NICK	10:30am - 11:25am PILATES ON THE BAR CHERI			11:30am - 12:30pm BALANCE & MOVEMENT KATONYA		10:30am - 11:30am HATHA YOGA COOPER		
11:30am - 12:30pm BALANCE & MOVEMENT CHERI	11:30am - 12:30pm STRETCH N' MORE KATONYA			12:00pm-1:00pm AQUA SCULPT (Thera) CERIBET		1:30pm-2:30pm TAI CHI BARRY	12:30pm-1:30pm SEATED YOGA KIRSTEN		<div style="background-color: yellow; padding: 5px; border: 1px solid black;"> <p>For the safety of all our members we ask that you arrive on time to each class. Please wait until a class is finished and the room is cleared of equipment before entering the studio.</p> </div> <div style="background-color: yellow; padding: 5px; border: 1px solid black; margin-top: 5px;"> <p>PLEASE HELP KEEP THE STUDIOS NEAT AND PUT ALL EQUIPMENT BACK AFTER USE.</p> </div>
12:30pm-1:30pm SALSA AEROBICS DANIEL	1:00pm-2:00pm TAI CHI JAMES		12:00pm - 12:30pm CYCLE EXPRESS JAMIE						
LES MILLS BODYPUMP 4:30pm-5:30pm LAURA	LES MILLS BODYCOMBAT 4:00pm - 4:30pm LAURA				5:00pm - 5:30pm H.I.I.T. MARIA		4:00pm - 5:00pm HATHA YOGA CRISTY		
GRIT STRENGTH 5:30pm - 6:00pm MIKE					5:30pm - 6:00pm ABS MARIA		5:00pm - 6:00pm BALLET BARRE DONAY		
BODYSTEP 6:00pm - 6:30pm MIKE	5:30pm-6:30pm H.I.I.T. JAMIE	6:00pm - 7:00pm CORE SCULPT DONAY	6:30pm - 7:30pm CYCLING ALEX	 5:30PM - 7:30PM swim team	6:00pm - 6:30pm PURE STRENGTH AMY	LES MILLS BODYSTEP 6:00pm-6:30pm MIKE	6:00pm - 7:00pm THUG DONAY		6:00pm-7:00pm H2O SPLASH (Lap) ELIZABETH
6:30pm - 7:25pm ZUMBA ANNA K	6:30pm - 7:30pm PiYo Live JULIA	7:00pm - 8:00pm YOGA VINYASA MARYBETH	 7:30pm - 8:00pm SPRINT SANDRA	FREE FOR MEMBERS MASTER SWIM 7:30PM-8:30PM	6:30pm - 7:30pm STRONG ALEX	LES MILLS BODYCOMBAT 6:30pm-7:30pm MIKE	7:00pm - 8:00pm VINYASA YOGA CATHY	6:30pm-7:30pm MY RIDE JAMIE	 6:00PM - 7:00PM swim team
7:30pm - 8:30pm BOXING ALEX		8:00pm - 9:00pm BREATHING & MEDITATION NICK			LES MILLS BODYPUMP 7:30pm-8:30pm JULIA	7:30pm - 8:30pm SALSA PARTNERING DONAY	8:00pm-9:00pm TAI CHI BARRY		
FRIDAY					SATURDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
GRIT STRENGTH 5:30am-6:00am CASEY				9:30am and 10:00am PARENT & ME (pre- registration required)	LES MILLS BODYCOMBAT 8:00am-8:55am TONY		8:00am - 8:55am VINYASA FLOW KELLY	7:30am - 8:00am SPRINT SANDRA	8:00am - 8:45am SPLASH N' STRENGTH (Lap) HELEN
LES MILLS BODYATTACK 6:00am-6:30am CASEY			6:00am - 7:00am MY RIDE GINA	10:00am - 10:45am AQUA PLUNGE (Lap) SUSAN	LES MILLS BODYPUMP 9:00am-9:55am MAGGIE	9:00am - 10:00am CARDIO DANCE HELEN	9:00am - 9:55am POWER VINYASA JOSHUA	8:30am - 9:30am CYCLING ANDY	9:00am - 9:45am CARDIO INTERVALS (Lap) ELIZABETH
9:00am - 9:55am BUILD YOUR BODY JAMIE	9:00am - 10:00am P90X Live ANDY	8:15am - 9:15am HATHA YOGA KERI		10:45am - 11:45am H2O INTERVALS (Thera) SUSAN	GRIT STRENGTH 10:00am-10:30am TONY		10:00am - 11:00am PILATES RING MAGGIE	10:00am - 11:00am MY RIDE KAREN	
10:30am - 11:30am BODY PUMP LEAH		9:30am-10:30am PILATES ON THE BAR MAGGIE	9:30am - 10:30am MY RIDE ANNA Z		LES MILLS BODYSTEP 10:35am-11:35am JULIA	11:00pm - 12:00pm SALSA LINE DANCE DONAY			 9:30am & 10:00am 10:30am & 11am PARENT & ME
	11:00am - 12:00pm SEATED STRENGTH ROB	10:30am - 11:30am ZUMBA ANNA Z				12:00pm - 1:00pm STRETCH-ability DONAY			
	12:00pm - 1:00am CARDIO LITE JENNIFER			12:00pm - 1:00pm CARDIO INTERVALS (Thera) CERIBET	12:00pm - 1:00pm MUAY THAI ROBERT			FREE FOR MEMBERS MASTER SWIM 9:00AM-10:00AM	PRE-REGISTRATION REQUIRED
SUNDAY					SUNDAY				
STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA	STUDIO 1	STUDIO 2	STUDIO 3	CYCLE	AQUA
	4:00pm - 5:00pm DRUMS ALIVE GERI							7:30am - 8:30am MY RIDE CHERI	
			5:30pm - 6:00pm SPRINT TONY	 5:30PM - 7:30PM swim team	LES MILLS BODYPUMP 9:00am-9:55am GILA	9:00am-10:00am GENTLE YOGA MELISSA			9:15am - 10:15pm AQUA INTERVALS (Lap) GERI
LES MILLS BODYPUMP 6:00pm-6:30pm MARYANN					LES MILLS BODYATTACK 10:00am-11:00am TONY/JULIA	10:00am - 10:55am HATHA YOGA MELISSA		9:30am - 10:30am MY RIDE DEVIN	10:15am-11:00am AQUA ZUMBA(Lap) FRED
LES MILLS BODYATTACK 6:30pm-7:00pm MARYANN		6:30pm - 7:30pm YOGA VINYASA KIRSTEN				11:00am - 12:00pm ZUMBA FRED	11:00am - 12:00pm PiYo Live JULIA		11:00am - 11:45pm STEP CIRCUIT (Thera) GERI