

group exercise INCLUDED IN MEMBERSHIP

APRIL 19 - 25



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BODYPUMP 5:45 - 6:30AM Instructor: Sandy Location: G2	ZUMBA 5:45 - 6:30AM Instructor: Brittany Location: G2	BODYPUMP 5:45 - 6:30AM Instructor: Sandy Location: G2	YOGA FLOW 5:45 - 6:30AM Instructor: Katherine Location: Y1	BODYPUMP 5:45 - 6:30AM Instructor: Katie D Location: G2	<i>NO CYCLING due to Choice Triathlon</i>	
	RPM CYCLING 5:45 - 6:30AM Instructor: Kerri Location: C2	RPM CYCLING 5:45 - 6:30AM Instructor: Michelle Location: C2		RPM CYCLING 5:45 - 6:30AM Instructor: Julie Location: C2	GENTLE YOGA 8:00 - 9:00AM Instructor: Katie K Location: Y1	
BODYPUMP 9:00 - 9:45AM Instructor: Amber Location: G2	ZUMBA 9:00 - 10:00AM Instructor: Tiffany Location: G2	BODYPUMP 9:00 - 9:45AM Instructor: Amber Location: G2	ZUMBA 9:00 - 10:00AM Instructor: Kaitlyn Location: G2	ZUMBA 9:00 - 9:45AM Instructor: Brittany Location: G2	ZUMBA 8:30 - 9:30AM Instructor: Corey Location: G2	ZUMBA 9:15 - 10:15AM Instructor: Brittany Location: G2
GENTLE YOGA 10:00 - 10:45AM Instructor: Heather Location: Y1	CYCLING 9:00 - 9:45AM Instructor: Lauren S Location: C2	GENTLE YOGA 10:00 - 10:45AM Instructor: Steph Location: Y1	CYCLING 9:00 - 9:45AM Instructor: Lauren S Location: C2	CYCLING 9:00 - 9:45AM Instructor: Alyssa Location: C2		
RPM CYCLING 12:00 - 12:45PM Instructor: Alyssa Location: C2	BODYPUMP 12:00 - 12:45PM Instructor: Lauren W Location: G2	CYCLING 12:00 - 12:45PM Instructor: Lauren S Location: C2	CHAIR YOGA 10:00 - 10:45AM Instructor: Brenda Location: Y1	GENTLE YOGA 10:00 - 10:45AM Instructor: Kerri Location: Y1	BODYPUMP 10:00 - 11:00AM Instructor: Alyssa Location: G2	BODYPUMP 10:45 - 11:45AM Instructor: Katya Location: G2
	YOGA FLOW 12:00 - 12:45PM Instructor: Tamara Location: Y1	SPORT YOGA 1:00 - 1:45PM Instructor: Chris Location: G2	BODYPUMP 12:00 - 12:45PM Instructor: Alyssa Location: G2	BODYPUMP 10:15 - 11:15AM Instructor: Riley Location: G2		YOGA FLOW 12:00 - 1:00PM Instructor: Tara Location: Y1
	FAMILY ZUMBA 4:30 - 5:00PM Instructor: Kaitlyn Location: Y1		YOGA FLOW 12:00 - 12:45PM Instructor: Steph Location: Y1	YOGA FLOW 12:00 - 12:45PM Instructor: Tamara Location: Y1		
	BODYPUMP 4:45 - 5:45PM Instructor: Alyssa Location: G2		BODYPUMP 4:45 - 5:45PM Instructor: Riley Location: G2			
RPM CYCLING 5:30 - 6:30PM Instructor: Karen Location: C2	CYCLING 5:30 - 6:15PM Instructor: Shelly Location: C2	RPM CYCLING 5:30 - 6:30PM Instructor: Karen Location: C2				
ZUMBA 5:30 - 6:30PM Instructor: Andy Location: G2	YOGA FLOW 5:45 - 6:45PM Instructor: Katherine Location: Y1	BODYPUMP 5:30 - 6:30PM Instructor: Katya Location: G2				
BODYPUMP 6:45 - 7:45PM Instructor: Katya Location: G2	ZUMBA 6:30 - 7:30PM Instructor: Corey Location: G2	YOGA FLOW 6:00 - 7:00PM Instructor: Tara Location: Y1	BODYPUMP 6:30 - 7:30PM Instructor: Lauren W Location: G2			



Thank You - FOR DOING YOUR PART TO MAINTAIN THE SAFE USE OF OUR FACILITY.

YOUR ACTIONS MATTER. WE ARE IN THIS TOGETHER.