

group exercise INCLUDED IN MEMBERSHIP

JULY 26 - 31
CHOICE
HEALTH & FITNESS

STRENGTH & TONING

MON	TUES	WED	THURS	FRI	SAT	SUN
BODYPUMP 5:45 - 6:30am Amber (G2)		BODYPUMP 5:45 - 6:30am Amber (G2)		BODYPUMP 5:45 - 6:30am Sandy (G2)		
	SENIOR FUN & FIT 8:45 - 9:30am Kelley (G2)					
BODYPUMP 9:00 - 9:45am Lauren (G2)	SENIOR CIRCUIT 9:45 - 10:30am Kelley (G2)	BODYPUMP 9:00 - 9:45am Tammy (G2)			BODYPUMP 10:00 am Katya (G2)	
		SS CLASSIC 11:00-11:45am Margaret (Y1)		BODYPUMP 10:15 am Katie D (G2)		BODYPUMP 10:45 am Katya (G2)
	BODYPUMP 12:00-12:45pm Katie D (G2)		BODYPUMP 12:00-12:45pm Alyssa (G2)			
	BODYPUMP 4:45 pm Alyssa (G2)		BODYPUMP 4:45 pm Naomi (G2)			
		BODYPUMP 5:45 pm Katya (G2)				
BODYPUMP 7:00 pm Katya (G2)			BODYPUMP 7:00 pm Katya (G2)			

CYCLING

MON	TUES	WED	THURS	FRI	SAT	SUN
	RPM 5:45 - 6:30am Kerri (C2)	RPM 5:45 - 6:30am Michelle (C2)		RPM 5:45 - 6:30am Julie (C2)		
					POWER CYCLING 8:30 - 9:30am Alyssa (C2)	
	GROUP CYCLING 9:00 - 9:45am Lauren (C2)		RPM 9:00 - 9:45am Tammy (C2)	GROUP CYCLING 9:00 - 9:45am Davina (C2)		
RPM 12:00 - 12:45pm Tammy (C2)		GROUP CYCLING 12:00-12:45pm Lauren (C2)				
RPM 5:30 - 6:15pm Alyssa (C2)	RPM 5:30 - 6:15pm Davina (C2)					

FITNESS CLASS LOCATIONS



Y1 = Yoga Room (1st Floor)



G2 = Large Group Exercise Room (2nd Floor)



C2 = Cycling Room (2nd Floor)

STEP OR DANCE FITNESS

MON	TUES	WED	THURS	FRI	SAT	SUN
	ZUMBA 5:45 - 6:30am Lexy (G2)		ZUMBA 5:45 - 6:30am Corey (G2)			
					ZUMBA 8:30 am Brittany (G2)	
ZUMBA 10:15 am Brittany (G2)			ZUMBA 9:00 am Brittany (G2)	ZUMBA 9:00 am Andy <i>outside</i>		ZUMBA 9:15 am Brittany (G2)
ZUMBA 5:45 pm Davina	ZUMBA 6:30 pm Corey <i>outside</i>		ZUMBA 6:00 - 6:45pm Tiffany (G2)			

YOGA

MON	TUES	WED	THURS	FRI	SAT	SUN
					YOGA FLOW 8:00 am Katie K (Y1)	
GENTLE YOGA 10:00 am Steph (Y1)			CHAIR YOGA 10:00 am Roopa (Y1)	GENTLE YOGA 10:00 am Tara (Y1)		
YOGA FLOW 12:00 - 12:45pm Katherine (Y1)			YOGA FLOW 12:00 - 12:45pm Kerri <i>outside</i>	YOGA FLOW 12:00 - 12:45pm Roopa (Y1)		
		SPORT YOGA 1:00 - 1:45PM Chris (G2)				
	YOGA FLOW 6:00 pm Tara <i>outside</i>	YOGA FLOW 6:00 pm Tara (Y1)				