

group exercise INCLUDED IN MEMBERSHIP

November 20-26



STRENGTH & TONING

MON	TUES	WED	THURS	FRI	SAT	SUN
BODYPUMP 5:30 - 6:30am Sandy (G2)		BODYPUMP 5:30 - 6:30am Sandy (G2)		BODYPUMP 5:30 - 6:30am NO CLASS (G2)		
	SENIOR FUN & FIT 8:45 - 9:30am Kelley (G2)	Special Event 9:00-10:30am 9-9:30 Spin-Lauren 9:40-10:10 Circuit- Tammy 10:15-10:30am Core/Stretch- Yvonne	SENIOR FUN & FIT 8:45 - 9:30am CLOSED (G2)			
BODYPUMP 9:00 - 10:00am Amber (G2)	SENIOR CIRCUIT 9:45 - 10:30am Kelley (G2)		SENIOR CIRCUIT 9:45 - 10:30am CLOSED (G2)		BODYPUMP 10:00am Sandy (G2)	
		SS CLASSIC 11:00-11:45am Abby (Y1)		BODYPUMP 10:15am Naomi (G2)		BODYPUMP 10:45 am Humberto (G2)
	BODYPUMP 12:00-12:45pm Alyssa (G2)		BODYPUMP 12:00-12:45pm CLOSED (G2)			
	BODYPUMP 4:45 pm Katie (G2)		BODYPUMP 4:45 pm CLOSED (G2)			
		Full Body Sculpt 5:15-6:00pm Brittany (G2)				
BODYPUMP 7:00 pm Humberto(G2)			BODYPUMP 7:00 pm CLOSED (G2)			

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 5:30 - 6:30am Lexy (G2)		ZUMBA 5:30 - 6:30am CLOSED (G2)			
					ZUMBA 8:30 am Brittany (G2)	
ZUMBA 10:15 am Brittany (G2)			ZUMBA 9:00-9:45am CLOSED (Y1)	ZUMBA 9:00 am Lexy (G2)		ZUMBA 9:15 am Brittany (G2)
ZUMBA 5:45 pm Davina (G2)	ZUMBA 6:00 - 6:45pm Corey (G2)		ZUMBA 6:00 - 6:45pm CLOSED (G2)			

CYCLING

MON	TUES	WED	THURS	FRI	SAT	SUN
Group Cycling 5:30 - 6:15am Kaylee (C2)	RPM 5:30 - 6:15am Kerri (C2)	RPM 5:30 - 6:15am Michelle (C2)	Group Cycling 5:30 - 6:15am CLOSED (C2)	RPM 5:30 - 6:15am Michelle (C2)		
					POWER CYCLING 8:30am Kaylee (C2)	
	GROUP CYCLING 9:00 - 9:45am Amber (C2)	Special Event 9:00-10:30am 9am Spin-Lauren 9:40am Circuit- Tammy 10:15-10:30am Core/Stretch- Yvonne	RPM 9:00 - 9:45am CLOSED (C2)	GROUP CYCLING 9:00 - 9:45am Alyssa (C2)		
						GROUP CYCLING 11:00 - 11:45am Davina (C2)
RPM 12:00-12:45pm Alyssa (C2)		GROUP CYCLING 12:00-12:45pm Lauren (C2)				
EPIC CYCLING 4:30-5:00pm Davina (C2)		EPIC CYCLING 4:30-5:00pm NO CLASS				
RPM 5:30 - 6:30pm Humberto (C2)	RPM 5:30 - 6:15pm Yvonne (C2)	RPM 5:30 - 6:30pm NO CLASS (C2)				

YOGA

MON	TUES	WED	THURS	FRI	SAT	SUN
			YOGA FLOW 6:00-7:00am CLOSED (Y1)			
					YOGA FLOW 8:00am Katherine (Y1)	
GENTLE YOGA 10:00 am Kerri (Y1)		GENTLE YOGA 10:00 am TBD (Y1)	CHAIR YOGA 10:00 am CLOSED	GENTLE YOGA 10:00 am Kerri (Y1)		
YOGA FLOW 12:00 - 12:45pm Steph (Y1)		YOGA FLOW 12:00 - 12:45pm Katherine (Y1)	YOGA FLOW 12:00 - 12:45pm CLOSED (Y1)	YOGA FLOW 12:00 - 12:45pm Roopa (Y1)		YOGA FLOW 12:00pm Katherine (Y1)
		SPORT YOGA 1:00 - 1:45PM Chris (G2)				
YOGA FLOW 6:00pm Kristijana (Y1)	YOGA FLOW 6:00 pm Kristijana (Y1)	YOGA FLOW 6:00 pm Kerri (Y1)	YOGA FLOW 6:00 pm CLOSED (Y1)			