

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BODYPUMP 5:45 AM RR Lenka 45 Min	Spinning 5:45 AM RR Steve	Body Shred 6:00 AM Will 30 Min	Spinning 5:45 AM RR Steve	Silver Spin 8:00 AM RR Robin 30 Min	Spinning 8:15 AM RR Ann	Fitness Yoga 9:15 AM Sandy
Chair Yoga 7:45 AM Yogini 45 Min	Active Forever 8:00 AM RR Frank	Zumba 8:00 AM RR Franklin	Active Forever 8:00 AM Frank	Body Shred 8:30 AM Ann 30 Min	Step 8:30 AM RR Frank 45 Min	Spinning 9:45 AM RR Carol 45 Min
Barre Dynamic 8:30 AM Evelyn 45 Min	Zumba 9:15 AM RR Erin	Barre Dynamic 8:30 AM Evelyn 30 Min	Pedal Fusion 8:30 AM RR Aneta 45 Min	BODYPUMP 9:15 AM RR Cheryl	Aquasize 9:30 AM Donna	UrbanKick 10:30 AM Alex 45 Min
BODYPUMP 9:15 AM RR Ann	Spinning 9:30 AM RR Ann	MashUp 9:15 AM Robin	MashUp 9:15 AM Ann	Aquasize 9:30 AM Linda	BODYPUMP 9:30 AM RR Nicole	Family Fun Swim 11-1 PM Fee \$5
Aquasize 9:30 AM Linda	Axle 10:15 AM RR Jill 30 Min	Aqua Zumba 9:30 AM Franklin	Aqua Zumba 9:30 AM NEW Kris	Pedal Fusion 9:30 AM RR Joelle	Fitness Yoga 10:45 AM Jason	
Spinning 9:30 AM RR Carol	Fitness Yoga 11:00 AM Yogini	Pedal Fusion 9:30 AM RR Ann	Pilates 10:15 AM Ann 30 Min	Gentle Yoga 11:00 AM Robyn	Zumba 11:45 AM RR Krystal	
UrbanKick 10:15 AM Ann	Body Shred 5:00 PM Erin 30 Min	Gentle Yoga 10:45 AM Diane	Zumba 10:45 AM RR Erin	Zumba 5:00 PM RR Erin	Family Fun Swim 1-3 PM Fee \$5	
Zumba 4:30 PM RR Erin	BODYPUMP 5:45 PM RR Amaris	UrbanKick 4:30 PM Ann 45 Min	BODYPUMP 4:30 PM RR Ann	Spinning Express 5:15 PM RR Rochelle 45 Min		
Piyo 5:45 PM Nina/Tamara	Barre Dynamic 5:45 PM Erin 45 Min	Step Fusion 5:30 PM RR Frank	UrbanKick 5:30 PM Kathleen 45 Min			
Spinning 6:15 PM RR Eric	Aquasize 6:00 PM Kris	Pedal Fusion 5:30 PM RR Joelle	Barre Dynamic 5:45 PM Evelyn 45 Min			
Hip Hop 7:00 PM Alexia	Fitness Yoga 7:00 PM Jason	Fitness Yoga 6:45 PM Sandy	Aquasize 6:00 PM Donna			
			Hip Hop 6:30 PM NEW Jemila			

This tag is universal for highlighting times adjustments, class additions or instructors changes.

NEW

Reservation Required **RR**

Club Hours
Open 24 Hours

Kids' Club Hours
Monday-Friday
9AM-12PM & 4PM-8PM
Saturday
8AM-1PM
Sunday

Note: Class and instructors are subject to change without prior notice. **Reservations open at 4 AM. As a courtesy to other members, please arrive to class on time.**



Cellphones are not permitted in class. Thank You