

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spinning 5:15 AM Lisa	Tabata Fit 5:15 AM Keenan	Spinning 5:15 AM RR Lisa	Tabata Fit 5:15 AM Keenan	Spinning 5:15 AM Gaylisa	Ballet Barre 7:00 AM Amber	Spinning 7:15 AM Gaylisa
Aquasize 8:45 AM Kevin	Fitness Yoga 6:45 AM Kristen	Bootcamp 6:00 AM Erica	Fitness Yoga 6:45 AM Kristen	Club Strength 6:00 AM Erica	Spinning 7:15 AM Gaylisa	BODYCOMBAT 8:30 AM Gina
BODYPUMP 9:00 AM RR Anna	Spinning 8:30 AM RR Amy	Gentle Yoga 8:00 AM Kevin	Bottoms Up 8:30 AM Deb	Gentle Yoga 8:00 AM Aina	Fitness yoga 8:00 AM Annie/Kristen	Piyo 8:30 AM Jennifer
Spinning 9:15 AM RR Gina	Ballet Barre 8:30 AM Amber	BODYCOMBAT 8:30 AM Gina	Barre Ballet 8:45 AM Amber	Spinning 8:30 AM Amy	Spinning 8:15 AM Lisa	BODYPUMP 9:40 AM Gina
Chair Yoga 9:15 AM Elieen	H2O Blast 9:30 AM Erin C.	Spinning 9:15 AM RR Kellie	Spinning 9:30 AM RR Gina	Aquasize 9:00 AM Eric C.	Aqua Pilates 8:30 AM Deb L.	H2O Blast 10:00 AM Kevin
CX Worx 10:15 AM Gina	Tabata Fit 9:30 AM Gina	H2O Blast 9:30 AM Erin	Aqua Arthritis 9:30 AM Erin	Core De Force 9:00 AM Jennifer	BODYCOMBAT 9:15 AM Kellie	Zumba 10:45 AM Allison
H2O Blast 10:30 AM Erin	Mat Pilates 9:35 AM Deb	BODYPUMP 9:40 AM Gina	Tabata Fit 9:40 AM Deb	Pilates Mat 9:30 AM Deb	Bottoms Up 9:15 AM Natalie	
Gentle Yoga 11:00 AM Hope	Zumba 10:40 AM Sharon	Sticks And Core 10:15 AM Deb	CX Worx 10:00 AM Anna	BODYPUMP Express 10:00 AM Anna/ Gina	Bootcamp 10:25 AM Lauren	
Country Heat 11:15 AM Jennifer	Arthritis Toning 11:00 AM Erin/Deb	Zumba 11:00 AM Michelle	Zumba Toning 10:40 AM Miladys	Zumba 10:45 AM Sharon		
Bottoms Up 4:45 PM Kellie	CX Worx 4:30 PM Daniela	Chair Yoga 11:00 AM Hope	Tai Chi 11:00 AM Kit	Arthritis Toning 11:00 AM Erin		
BODYCOMBAT 5:30 PM Kellie	Spinning 5:15 PM RR Danielle	Step & Sculpt 4:30 PM Danielle	Spinning 5:15 PM RR Gina	Spinning 4:45 PM RR Natalie		
Fitness Yoga 6:00 PM Hope	Tabata Fit 6:00 PM Erica	BODYCOMBAT 5:30 PM Anna	Pound 5:30 PM Lisa	Fitness Yoga 6:15 PM Hope		
BODYPUMP 6:40 PM Danielle	H2O Blast 6:00 PM Deb L.	Fitness Yoga 5:30 PM Annie	Gentle Yoga 6:00 PM Aina	Bootcamp 6:15 PM Keenan		
Aqua Zumba 7:00 PM Kevin	Intro Piyo 6:15 PM Deb	Spinning 5:30 PM RR Natalie	H2O Blast 6:30 PM Lisa P.			
Spinning 7:00 PM Gaylisa	Zumba 7:10 PM Amber	BODYPUMP 6:35 PM Anna	Piyo 6:30 PM Deb			
Zumba Toning 7:50 PM Miladys	Mat Pilates 7:10 PM Deb	Ballet Barre 7:15 PM Amber	Spinning 7:00 PM Gaylisa			
			Chizel It 7:30 PM Deb			

Reservation **RR** Required

Club Hours
Monday-Friday
 5 AM - 11 PM
Saturday - Sunday
 7 AM - 7 PM

Kids' Club Hours
Monday-Friday
 8:30 AM - 1 PM & 4 PM - 8:30 PM
Saturday - Sunday
 8 AM - 1 PM

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

Cellphones are not permitted in class. Thank You