

Schedule begin June 5, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	<b>BOOT CAMP</b> Paul M.	Cycle Jodi- <b>DYNAMAX</b> Amy	<b>TRX</b> Paul	<b>DYNAMAX</b> Paul	Cycle Jodi- <b>BOOT CAMP</b> Amy	
8:00am	Tai Chi John <b>GENTLE YOGA</b> (Classroom) Sonnie-	ACTIVE OLDER ADULTS STRENGTH TRAINING Paul	Tai Chi John <b>GENTLE YOGA</b> (Classroom) Sonnie-	ACTIVE OLDER ADULTS STRENGTH TRAINING Paul	Tai Chi John	
8:15am		<b>ALL CORE</b> (8:30) Kirstin-			<b>ALL CORE</b> (8:30) Amy D.-	<b>TRX</b> Lisa
9:00am	 Patti-  Cycle Lisa-  9:15am <b>SURFSET</b> FITNESS <b>BLEND</b> Christi B.-	<b>BOOT CAMP</b> Amy S.-	 Patti-  <b>CYCLE CIRCUIT</b> Amy D.	KPS / Step Amy S.  <b>PIYO</b> Christi B.	 Patti-  Cycle (9:15) Amy D.-	Cycle (9:15) Amy D.-  <b>Restorative</b> <b>YOGA</b> Susan C.
10:00am	<b>Sculpt in Motion</b> Regina  <b>DYNAMAX</b> Amy D.	<b>Strength</b> <b>Conditioning</b> Tamara T.-  <b>TRX</b> Tamara H.  Cycle Amy S.-	<b>Sculpt</b> Regina  <b>TRX</b> <b>CORE</b> Amy S.	<b>Strength</b> <b>Conditioning</b> Tamara T.-  <b>TRX</b> Tamara H.  Cycle Amy S.-	<b>Sculpt with Bars</b> Regina	 Kim-  <b>YOGA</b> Susan C.
11:00am	<b>GENTLE YOGA</b> Susan C.  <b>TRX</b> <b>SENIOR</b> Amy D.	<b>Stretch &amp; Relax</b> Tamara T.-	<b>Restorative</b> <b>YOGA</b> Susan C.  <b>TRX</b> <b>SENIOR</b> Paul	<b>Stretch &amp; Relax</b> Tamara T.-	<b>YOGA</b> (Classroom) Sonnie  <b>TRX</b> <b>SENIOR</b> Amy D.	
12:00pm		<b>Senior Strength</b> Susan H..		<b>Senior Strength</b> Susan H.	<b>1:00pm</b> <b>Line Dancing</b> Tobi	
4:00pm				<b>TEEN-4:30</b> <b>BOOT CAMP</b> Lisa-	<p><b>BLUE</b> – GEX A <b>BLACK</b> – TRX STUDIO <b>RED</b> – GEX B <b>GREEN</b> – Cycle Room</p> <p>Class Descriptions are located on the back of this schedule.</p>	
5:00pm	<b>TRX</b> Lisa	<b>5:15pm</b> <b>BOOT CAMP</b> Amy S.-	<b>TRX</b> Amy D.	<b>5:15pm</b> <b>BOOT CAMP</b> Lisa-		
6:00pm	<b>Sculpt &amp; Conditioning</b> Regina  Cycle Angela-	<b>YOGA</b> Susan C.  <b>DYNAMAX</b> Paul	<b>INSANITY</b> Kirstin  Cycle Angela-	 Tammy		
7:00pm	 Tammy-	 Kim C.-  <b>TRX</b> Paul	<b>COMBO</b> <b>TRX</b> <b>DYNAMAX</b> Lisa	<b>YOGA</b> Allison  <b>TRX</b> Paul		

\*\*\*Please stop by the front desk to sign-up for TRX, DYNAMAX, and SURFSET.

\*\*\*30 minutes prior to class Fitness Staff upstairs will hand out Cycle tickets.

\*\*\*All classes marked with are family friendly. Kids ages 10 and up are welcome to join the class.