


Schedule begin August 7, 2017

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

***Please stop by the front desk to sign-up for TRX, 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.