

Schedule begin September 4, 2017

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

\*\*\*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.