

Schedule begin January 2, 2018


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

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7:00pm	 Tammy 	 Kim   Paul	COMBO  <i>dynamax</i> Lisa YOGA Renee	YOGA Allison  Paul	
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***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 with a parent/adult.