

Schedule begins March 5, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	BOOT CAMP Amy S	Cycle MAX Amy S	TRX Paul	dynamax AMERICAN MADE. ATHLETE APPROVED. Amy S		
8:00am	YOGA (7:45) Sonnie Classroom Tai Chi John	ACTIVE OLDER ADULTS STRENGTH TRAINING Paul (Registration Required)	YOGA (7:45) Sonnie Classroom Tai Chi John	ACTIVE OLDER ADULTS STRENGTH TRAINING Paul (Registration Required)	Tai Chi John	
8:30am	ALL CORE Kirstin		ALL CORE Amy S.		ALL CORE Amy D.	TRX (8:15) Lisa ZUMBA (8:15) Lindsay
9:00am	ZUMBA Patti Cycle MAX Amy S 9:15am SURFSET FITNESS BLEND - Classroom Christi B.	KPS / Step Amy S. PIYO Classroom 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	Strength Conditioning Amy S Cycle Amy D.	Sculpt Regina	Strength Conditioning Christie B. Cycle Amy S.	Sculpt with Bars Regina	YOGA Susan C.
10:15am	TRX SENIOR (10:15) Amy S.	TRX Gravity Fit (10:15) AnnDee	TRX SENIOR (10:15) Amy D.	TRX Gravity Fit (10:15) AnnDee	TRX SENIOR (10:15) Amy D.	
11:00am	GENTLE YOGA Susan C.	Stretch & Relax Sonnie	Restorative YOGA Susan C. HOMESCHOOL FIT Amy D.	Stretch & Relax Sonnie	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 Paul.		
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 Jodie		BLUE – GEX A BLACK – TRX STUDIO RED – GEX B GREEN – Cycle Room
7:00pm	ZUMBA Tammy	ZUMBA Kim TRX Paul	COMBO TRX dynamax Lisa YOGA Renee	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 with a parent/adult.