

Schedule begins January 1, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	<b>BOOT CAMP</b> Amy S	<b>Cycle MAX</b>  Amy S	<b>TRX</b> <b>BOOTCAMP</b> Paul	<b>DYNAMAX</b> AMERICAN MADE. ATHLETE APPROVED. Meghan <b>YOGA</b> Gerry	<b>BOOT CAMP</b> Meghan	
8:00am	<b>YOGA (7:45)</b> Sonnie Classroom <b>Tai Chi</b> John	<b>ACTIVE OLDER ADULTS STRENGTH TRAINING</b>  Paul <b>(Registration Required)</b>	<b>YOGA (7:45)</b> Sonnie Classroom <b>Tai Chi</b> John	<b>ACTIVE OLDER ADULTS STRENGTH TRAINING</b>  Paul <b>(Registration Required)</b>	<b>Tai Chi</b> John	
8:30am	<b>ALL CORE -45</b> Paul <b>TRX</b> Amy S.	<b>LES MILLS BODYPUMP 30</b> Amy S	<b>ALL CORE -30</b> Natalie	<b>LES MILLS BODYPUMP 30</b> Amy S	<b>ALL CORE -30</b> Amy D. <b>TRX</b> Amy S.	<b>TRX (8:15)</b> Lisa <b>LES MILLS BODYPUMP (8:15)</b> Amy D
9:00am	<b>ZUMBA</b> Natalie <b>Cycle EXPRESS (9:30am)</b>  Amy S	<b>DANCE FIT</b> Meghan <b>CYCLE CIRCUIT/</b> <b>DYNAMAX</b> Amy D.	<b>ZUMBA</b> Natalie <b>TRX</b> Amy D. <b>PIYO</b> Christi B.	<b>DANCE FIT</b> Meghan <b>BOOT CAMP / TABATA</b> Amy S.	<b>ZUMBA</b> Natalie <b>Cycle (9:15)</b>  Amy D. <b>YOGA</b> Sonnie	<b>Cycle (9:15)</b>  Amy D. <b>Restorative YOGA</b> Susan C.
10:00am	<b>Sculpt in Motion</b> Regina	<b>LES MILLS BODYPUMP</b> Amy S <b>BALANCE</b> Tamara	<b>Sculpt</b> Regina	<b>LES MILLS BODYPUMP</b> Meghan	<b>Sculpt with Bars</b> Regina	<b>YOGA</b> Susan C.
10:15am	<b>TRX</b> <b>SENIOR</b> Amy S.	<b>TRX</b> <b>Gravity Fit</b> AnnDee	<b>TRX</b> <b>SENIOR</b> Amy D.	<b>TRX</b> <b>Gravity Fit</b> AnnDee	<b>TRX</b> <b>SENIOR</b> Amy D.	
11:00am	<b>GENTLE YOGA</b> Susan C.	<b>Stretch &amp; Relax</b> Tamara	<b>Restorative YOGA</b> Susan C.	<b>Stretch &amp; Relax</b> Tamara	<b>CHAIR YOGA</b> Gerry	
12:00pm		<b>Senior Strength</b> Carrie		<b>Senior Strength</b> Carrie	<b>12:00pm Line Dancing</b> Tobi	
5:00pm	<b>BOOT CAMP</b> Chris D.	<b>TRX</b> <b>BOOT CAMP</b> Amy S	<b>BOOT CAMP / DYNAMAX</b> Paul	<b>TRX</b> Paul		
6:00pm	<b>LES MILLS BODYPUMP</b> Meghan <b>Cycle (6:15)</b>  Jodi	<b>YOGA</b> Susan C. <b>DYNAMAX</b> Paul	<b>ZUMBA</b> Taidy <b>Cycle (6:15)</b>  Lisa	<b>LES MILLS BODYPUMP</b> Amy S	<b>ZUMBA</b> Lindsay <b>Cycle in Faith</b>  Amy S. *2nd Friday of Every Month	
7:00pm	<b>ZUMBA</b> Tammy	<b>TRX</b> Paul	<b>YOGA</b> Gerry	<b>YOGA</b> Allison <b>TRX</b> Paul	<b>BLUE</b> – GEX A <b>BLACK</b> – TRX STUDIO <b>RED</b> – GEX B <b>GREEN</b> – Cycle Room Class Descriptions are located on the back of this schedule.	

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

\*\*\*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.