
















Schedule begins January 1, 2019

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