

Schedule begins February 1, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45am	BOOT CAMP A. Skillman	MAX Circuit A.Skillman	TRX BOOTCAMP Paul	DYNAMAX AMERICAN MADE. ATHLETE APPROVED. Meghan	BOOT CAMP Meghan	
8:00am	YOGA (7:45) Sonnie Classroom Tai Chi John	TRX SENIOR Paul Stretch & Relax Tamara	YOGA (7:45) Sonnie Classroom Tai Chi John	TRX SENIOR Paul Stretch & Relax Tamara	Tai Chi John	
8:30am	ALL CORE -45 Paul TRX A.Skillman	LES MILLS BODYPUMP -30 Amy D.	ALL CORE -30 (8:15) Natalie TRX Amy D.	LES MILLS BODYPUMP -30 A.Skillman	ALL CORE -30 Amy D. TRX Meghan	TRX (8:15) Lisa LES MILLS BODYPUMP (8:15) Amy D
9:00am	ZUMBA Natalie	BALANCE Tamara DANCE FIT Meghan TRX Gravity Fit AnnDee	ZUMBA Natalie	KPS/Step A.Skillman BOSU Pilates AnnDee	ZUMBA Natalie YOGA Sonnie	Restorative YOGA Susan C.
9:15am		HIIT Amy D.				
10:00am	Sculpt in Motion Regina	LES MILLS BODYPUMP Amy D BOSU Pilates AnnDee	Sculpt Regina/Natalie	LES MILLS BODYPUMP A.Skillman TRX Gravity Fit AnnDee	Sculpt with Bars Regina	YOGA Susan C
10:15am	TRX SENIOR A.Skillman		TRX SENIOR Amy D.		TRX SENIOR Amy D.	
11:00am	Gentle YOGA Susan C.	Stretch & Relax A.Skillman	Restorative YOGA Susan C.	Stretch & Relax A.Skillman	Chair YOGA Gerry	ZUMBA Dasha
12:00pm		Senior Strength Carrie		Senior Strength Carrie	12:00pm Line Dancing Tobi	
5:00pm	BOOT CAMP A.Skillman	TRX Meghan	BOOT CAMP / DYNAMAX Paul	TRX Paul KIDSFIT Meghan		
6:00pm	LES MILLS BODYPUMP A. Skillman	YOGA Susan C.	ZUMBA Taidy	LES MILLS BODYPUMP Meghan		
7:00pm	ZUMBA Tammy	TRX Paul	YOGA Gerry	YOGA Allison TRX Paul	BLUE – GEX A BLACK – TRX STUDIO RED – GEX B 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.