

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Circuit Sculpt 6:00AM (60min) Studio 2 Cheryl Z.		HIIT 6:00AM (45min) Studio 2 Tara		Circuit Sculpt 6:00AM (60min) Studio 2 Cheryl Z.	Spinning* 8:30AM (60min) Rotating Instructor
Freestyle Strength* 8:00AM (60min) Studio 2 Tara	Power Yoga 8:30AM (60min) Studio 1 John / Jean	SilverSneakers Cardio/Circuit 8:00AM (60min) Studio 2 / Jean	TRX* (\$) 9:00AM (45min) Studio 1 Amanda	Freestyle Strength* 8:00AM (60min) Studio 2 Beau	Zumba 8:45am (45min) Studio 2 Carolyn
Spinning* 9:00AM (60min) Stacy	Spinning* 9:00AM (45min) Karen	Spinning* 9:00AM (60min) Stacy	Spinning* 9:00AM (45min) Christine / Karen	Spinning* 9:00AM (60min) Stacy	Mindful Movement Yoga 9:00AM (60min) Studio 1 / Cheryl M.
Yinyasa 9:15AM (75min) Studio 1 Joann	TRX* (\$) 9:00AM (45min) Studio 2 Tara	Zumba 9:00AM (60min) Studio 1 Carolyn	Pilates 9:00AM (60min) Studio 2 / Jean	PiYo Live 9:00AM (60min) Studio 2 / Tara	TRX Bootcamp* (\$) 9:30AM (60min) Studio 2 / Beau
Barre Fit* 9:15AM (60min) Studio 2 Tara	Kickboxing 9:30AM (30min) Studio 1 / Carolyn	Barre Fit* 9:15AM (60min) Studio 2 Michelle W.			Yoga Flow 10:15AM (75min) Studio 1 Jean
	Kettlebells 10:00AM (30min) Studio 2 Carolyn	Gentle + Yin Yoga 10:30AM (60min) Studio 1 / John	SilverSneakers Classics 10:30AM (60min) Studio 2 / Jean		Kids Yoga* (\$) 10:30AM (45min) Studio 2 Isabel
	SilverSneakers Classics 10:30AM (60min) Studio 2 / Carolyn				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Step & Sculpt 5:00PM (45min) Studio 2 / Leslie	Barre Fit* 5:30PM (45min) Studio 1 / Jean	Strength/Spin 5:00PM (60min) Studio 2 / Leslie	Zumba 5:30PM (60min) Studio 1 /Carolyn		PiYo Live 10:00AM (60min) Studio 2 / Megan
Studio Pump* 6:00PM (60min) Studio 2 / Beau	Kettlebells, Cardio & Battling Ropes 5:30PM (60min) Studio 2 / Leslie	Bodyweight Meltdown 6:00PM (45min) Studio 2 / Beau	Kettlebells, Cardio & Battling Ropes 5:30PM (60min) Studio 2 /Leslie		Slow Flow 5:15PM (75min) Studio 1 / Lilly
Spinning* 6:00PM (60min) Steve	Mindful Movement Yoga 6:30PM (60min) Studio 1 / Cheryl	PiYo Live 6:00PM (60min) Studio 1 / Cheryl	Yoga Foundations 6:30PM (60min) Studio 1 / Jean		 <p>EST. 1976 HEALTH & RACQUET CLUB</p>
					November 2017 * Sign-Up Required \$ Extra Class Fee