

GROUP FITNESS SCHEDULE EFFECTIVE 9/28/15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:30-8:00AM ABS & ARMS VICTORIA	6:45-7:30 CARDIO WEIGHT MASHUP JOANNE		7:30-8:00AM ABS & ARMS LISA A.	7:30-8:00AM CUT 2 THE CORE STEVE	
8:30-9:30AM CARDIO SCULPT DANIELLE	8:30-9:30AM BODY DEFINITION CARI	8:30-9:30AM CARDIO SCULPT DANIELLE	8:30-9:30AM BODY DEFINITION JOYCE	8:30-9:30AM ZUMBA JAIME F.	8:00-9:00AM KICKBOX X-TREME STEVE	8:30-9:30AM CARDIO SCULPT STEVE
9:30-10:30AM ZUMBA RACHEL	9:45- 10:45AM DRUMS ALIVE ERIC	9:30-10:30AM ZUMBA RACHEL	9:45- 10:45AM SHREDDED KIM C.	9:30-10:30AM TONING VAL	9:00-10:00AM ZUMBA (Basketball Court) DANA	9:30-10:30AM ZUMBA RACHEL
	11:00-12:00PM ZUMBA DANA	4:30-5:30 PM ZUMBA JAIME F.	10:45 11:45AM ZUMBA DANA	10:30-11:30AM ZUMBA VAL	9:00-9:45AM BEGINNER/INTERM. STEP 9:45-10:30AM ADVANCED STEP NANCY	
5:00-6:00PM TAI CHI NANCY CHIN	12:00-1:00 DANA STRETCH RX	5:30-6:00PM BARRE & MORE NANCY	12:00-1:00PM TAI CHI NANCY CHIN		10:30-11:30AM BODY DEFINITION NANCY	
6:00- 7:00PM BOOTCAMP NANCY	4:30-5:30 PM CARDIO KICKBOXIN SCULPT SHERIMA	6:00-7:00PM H.I.I.T. NANCY	4:30-5:30PM ZUMBA DANA		**10:00-11:00AM** BOOTCAMP W/ ROB \$20 FEE	
7:00-7:30PM SCULPT NANCY	5:30-7:00PM 45/45 ZUMBA/ POWER PILATES MELANIE	6:00-7:00PM SPOXING W/ ROB \$30 FEE		HOURS OF OPERATION MONDAY 4:30AM – FRIDAY 10:00PM SATURDAY & SUNDAY 7:00AM – 8:00PM DAYCARE HOURS MONDAY-THURS 8:00AM-12NOON / 4:30-8:30 PM FRIDAY 8:00AM-12:00 NOON SATURDAY & SUNDAY 8:00AM-12:00 NOON **classes are subject to change without notice**		

Please be advised a class will not be held with less than 5 people!

SPIN / YOGA / PILATES SCHEDULE EFFECTIVE 9/28/15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:30AM RISE N RIDE LISA L.	6:30- 7:30AM ASHTANGA YOGA RANJU STARTS 9/8		6:45-7:30AM RISE N RIDE PAM	6:45-7:30AM RISE N RIDE LISA A.		
8:30-9:00AM EXPRESS BARRE LISA L.	6:45-7:30AM RISE N RIDE VICTORIA	8:00-9:00AM SPIN MARIA A.	8:00-9:00AM SPIN ROB	8:00-9:00AM SPIN MARIA A.	8:00-9:00AM SPIN VICTORIA	8:00-9:00AM SPIN ILENE
9:30-10:30AM SPIN LISA L.	8:00-9:00AM SPIN ROB	9:30-10:45AM 50/50 SPIN/YOGA LISA L.	9:30-10:30AM SPIN ROB	9:30-10:30AM SPIN LAURIE	9:30-10:30AM SPIN ILENE	9:15-10:15AM SPIN ILENE
9:30-10:30AM YOGA CINDY	9:30-10:30AM SPIN LAURIE	11:00-12:00PM PILATES GAIL	9:30-10:30AM PILATES ANITA	9:30-10:30AM VINYASA FLOW ANITA	9:30-10:30AM KRIPALU YOGA LORILI	10:00-11:00AM YOGA ANITA
12:30-1:30PM YOGA MICHELLE	9:30-10:30AM PILATES MICHELLE	12:30-1:30PM KRIPALU RESTORATIVE FUSION YOGA LORILI	12:00- 1:00PM TAI CHI NANCY CHIN	12:30- 1:30PM LUNCHTIME YOGA MICHELLE		11:00-12:00PM YOGA FOR THE SOUL ANITA
	4:30-5:30PM KRIPALU REBECCA		5:30- 6:30PM BEGINNER'S YOGA RANJU STARTS 9/10	4:30-5:30PM YIN YOGA KIM S.		
5:45- 6:45PM YOGA ANITA	6:00-7:00PM SPIN ROB		6:00-7:00PM SPIN ROB			
6:30-7:30PM SPIN ILENE	5:30-7:00PM 45/45 ZUMBA/ POWER PILATES MELANIE	6:00-7:00PM RELAX & UNWIND YOGA REBECCA				