

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6:30 AM	<b>SPIN</b> <i>Jen</i>		<b>SPIN</b> <i>Allie</i>		<b>SPIN</b> <i>Jen</i>		
7:30 AM			<b>PILATES</b> <i>Allie</i>				
8:30 AM				<b>STRETCH / PILATES</b> <i>Lisa</i>		<b>CHISEL-IT</b> <i>Tracy</i>	
9:30 AM	<b>SPIN</b> <i>Tracy</i>	<b>TOTAL BODY</b> <i>Kim</i>	<b>YOGA</b> <i>Anna</i>	<b>TOTAL BODY</b> <i>Kim</i> <b>SPIN</b> <i>Tracy</i>	<b>ZUMBA</b> <i>Vanessa</i>	<b>SPIN</b> <i>Tracy</i>	<b>SPIN</b> <i>Dave C.</i>
10:00 AM						<b>HIIT</b> <i>Joan</i>	<b>ZUMBA</b> <i>Cynthia</i>
11:00 AM						<b>ZUMBA</b> <i>Lauretta</i>	
11:15 AM						<b>SPIN</b> <i>Rachel</i>	
12:30 PM	<b>CARDIO FUSION</b> <i>Chelene</i>	<b>ZUMBA</b> <i>Lauretta</i>	<b>KETTLEBELL FUSION</b> <i>Aaron</i>	<b>Step N' Sculpt</b> <i>Marie D.</i>	<b>SCULPT-IT</b> <i>Marie D.</i>		
5:30 PM	<b>Step N' Sculpt</b> <i>Shpresa</i>	<b>ZUMBA</b> <i>Blanca</i>	<b>FAT-BURNING PILATES</b> <i>Tracy</i>	<b>ZUMBA</b> <i>Lauretta</i>	<b>YOGA FLOW</b> <i>Jessy</i>		
5:45 PM	<b>SPIN</b> <i>Tracy</i>		<b>SPIN</b> <i>Mila</i>		<b>SPIN</b> <i>TBA</i>		
6:30 PM	<b>HIIT</b> <i>Joan</i>	<b>Step-It-Up</b> <i>Joan</i>	<b>Kick Boxing &amp; Kickin' Abs</b> <i>Joan</i>	<b>Belly, Butt &amp; Thighs</b> <i>Rachel</i>	<b>ZUMBA</b> <i>Gladys</i>		
		<b>SPIN</b> <i>Amanda</i>		<b>SPIN</b> <i>Bridgette</i>			
7:30 PM	<b>ZUMBA</b> <i>Lauretta</i>	<b>ZUMBA</b> <i>Israel</i>	<b>ZUMBA</b> <i>Blanca</i>	<b>ZUMBA</b> <i>Cynthia</i>			

ADDITIONAL FEE REQUIRED

TIME	MON	TUES	WED		FRI	SAT	SUN
8:30 AM						HOT CORE <i>Lori</i>	
10:15 AM						HOT GODDESS FLOW <i>Lori</i>	
11:00 AM							HOT GODDESS YOGA <i>Jessy</i>
12:30 PM						AERIAL YOGA <i>Anna</i>	
5:30 PM		HOT BARRE FUSION <i>Deb</i>		HOT 26 / BIKRAM <i>Sheryl</i>	(NON-HEATED)* YOGA FLOW <i>Jessy</i>		
6:30 PM	HOT GODDESS BARRE <i>Lori</i>		HOT WARRIOR VINYASA <i>Jessy</i>				*INCLUDED IN MEMBERSHIP UPDATED 5.20.19

CLASS SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

PERSONAL TRAINING PACKAGES AVAILABLE

CHILDCARE HOURS

MON-THU 9:30a-12p  
5:30p-8:30p  
FRI 9:30a-12p  
5:30p-7:30p  
SAT 8:30a-12p  
SUN 9:30a-11:30a

\$4 PER CHILD PER HOUR  
\$29.95 MONTHLY

HOURS OF OPERATION

MON-THURS 6A-9P  
FRIDAY 6A-8P  
SATURDAY 8A-3P  
SUNDAY 8A-1P

NEW SUMMER HOURS  
BEGINNING TUESDAY 5/28



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