

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



5:30am - 6:00am Express Cycle Alexis Cycle Studio	5:30am - 6:25am BODYPUMP Lori Main Studio	5:15am - 6:10am Cycle & Abs Shannon Cycle Studio	5:30am - 6:25am BODYPUMP Lori Main Studio	5:30am - 6:25am BODYBALANCE Lori Mind & Body Studio	8:00am - 8:45am Cycle Rotating Cycle Studio
8:30am - 9:25am Aqua Action Carol Pool	8:00am - 8:55am Senior Strength Olivia Main Studio	9:00am - 9:55am LIT Strength \$ LIT Studio	8:00am - 8:55am Yin Yoga Melissa M&B Studio	8:00am - 8:55am Yin Yoga Melissa M&B Studio	9:00am - 9:55am SATURDAY SURPRISE Rotating Main Studio
9:00am - 9:45am Hardcore Strength Megan H Main Studio	8:30am-9:25am Aqua Action Carol Pool	9:00am - 9:55am BODYPUMP Nichol Main Studio	8:00am - 8:55am Senior Strength Olivia Main Studio	9:00am - 9:55am LIT Strength \$ LIT Studio	9:00am - 9:55am Aqua Action Ingrid Pool
9:00am - 9:55am LIT Strength \$ LIT Studio	9:00am - 9:55am LIT Knockout \$ LIT Studio	10:30am - 11:25am Senior Strength & Balance Nichol Main Studio	8:30am-9:25am Aqua Action Carol Pool	9:00am - 9:55am BODYPUMP Nichol Main Studio	10:00am - 10:55am Aqua Action Ingrid Pool
10:00am - 10:55am ★ Pilates Fusion Robyn Mind & Body Studio	9:00am - 9:55am CARDIO Dance Ashley Main Studio	11:30am - 12:15pm Chair Yoga Lori Mind & Body Studio	9:00am - 9:55am \$ LIT Bootcamp LIT Studio	10:15am - 11:10am ★ Beginning Yoga Robyn Mind & Body Studio	
11:00am - 11:45am ★ Mobility After 50 Aisha Main Studio	9:00am - 9:30am Express Cycle Rotating Cycle Studio		9:00am - 9:45am Cycle Megan H Cycle Studio	11:15am - 12:10am Mobility After 50 Lori Main Studio	
	10:00am - 10:55am Yoga Flow Ashley Mind & Body Studio	1:00pm-2:00pm RESERVED Robyn Main Studio	9:00am - 9:45am Zumba Gold Angel Main Studio		
	10:30am - 11:30am \$ Pilates Reformer Robyn Main Studio		10:00am - 10:55am Yoga Flow Ashley Mind & Body Studio		
4:30pm - 5:25pm BODYPUMP Pam Main Studio			10:15-11:10am ★ Mobility After 50 Aisha Main Studio		
5:00pm - 5:30pm Express Cycle Julie Cycle Studio				THURSDAY	
5:35pm - 6:30pm BODYBALANCE Julie Mind & Body Studio				5:35pm - 6:30pm BODYBALANCE Julie Mind & Body Studio	
5:30pm - 6:25pm Aqua Action Ingrid Pool	5:00pm - 5:45pm BODYCOMBAT Emily Main Studio	5:15pm - 6:10pm BODYPUMP Tom Main Studio	5:00pm - 5:30pm BODYCOMBAT Emily M&B Studio	5:45pm - 6:40pm Aqua Zumba Ingrid Pool	
6:45pm - 7:40pm Yin Yoga Melissa M&B Studio	5:30pm - 6:25pm ★ Pilates Fusion Robyn Mind & Body Studio	6:15pm-7:10pm Yoga Flow Jamie M&B Studio	5:00pm - 5:30pm Express Cycle Julie Cycle Studio	5:30pm - 6:30pm \$ Pilates Reformer Robyn Main Studio	

- Virtual Option
- Mind & Body
- Main Studio
- Reformer
- Cycle
- Pool
- LIT
- Every Other Week
- Family Friendly Class

Reserve your spot in class in our mobile app or by contacting the Front Desk! Class updates & cancellations will only be sent to those signed up for class in advance.