

updated
8/22/17



Fitness Schedule

Schedule may be subject to change

**Starting
9/5/17**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
	Back to Basics 8-9am	Interval Training 8-9am	Morning Yoga 8:15-9:15am	Interval Training 8-9am	*Intro to Cycling 9:15-10:15am	*Boot Camp 8:30-9:30am			
	*Intro to Cycling 9:15-10:15am	Body Conditioning 9:30-10:30am	Low Stress Water Aerobics 8:30-9:30am	Body Conditioning 9:30-10:30am	Low Stress Water Aerobics 8:30-9:30am	ZUMBA 10-11am			
	Morning Yoga 8:15-9:15am	Deep Water Aerobics 9:30-10:30am	Morning ZUMBA 9:15-10:15am	Deep Water Aerobics 9:30-10:30am	Total Fitness 10:45-11:45am				
	Low Stress Water Aerobics 8:30-9:30am	*Peak Performance 11:30-12:20pm	Weightlifting/ Conditioning 9:30-10:30am	*Peak Performance 11:30am- 12:20pm	Cardio Drumming 6:30-7:30pm				
	Morning ZUMBA 9:15-10:15am	*TRX & Abs 12:30-1pm	Aqua ZUMBA 10:00-11:00am	*TRX & Abs 12:30-1pm					
	Weightlifting/ Conditioning 9:30-10:30am	#Mat Based Pilates 5-6pm	Total Fitness 10:45-11:45am	#Integral Yoga 5-6pm	<p>Class Schedule Key:</p> <table border="1"> <tr> <td>Fitness Classes included in the annual membership</td> </tr> <tr> <td>Aquatic Classes not included in annual membership</td> </tr> <tr> <td>Premium Fitness Classes not included in annual</td> </tr> </table> <p>* Ticket required for entry to class</p> <p># Must start at the beginning of each session</p>		Fitness Classes included in the annual membership	Aquatic Classes not included in annual membership	Premium Fitness Classes not included in annual
Fitness Classes included in the annual membership									
Aquatic Classes not included in annual membership									
Premium Fitness Classes not included in annual									
Total Fitness 10:45-11:45am	*Studio Cycling 5:15-6:15pm	Get Fit, Stay Fit 12-1pm	Low Stress Water Aerobics 5:30-6:30pm						
*Studio Cycling 4:15-5pm	Low Stress Water Aerobics 5:30-6:30pm	*Studio Cycling 4:15-5pm	#Mat Based Pilates 6:15-7:15pm						
ZUMBA & Strength 5:15-6:05pm	Yogilates 6:15-7:15pm	#Integral Yoga 5-6pm	ZUMBA 7-8pm						
Deep Water Aerobics 5:30-6:30pm	Cardio Kick 6:30-7:30pm	W.O.W 5:15-6:15pm							
Pilates Fusion 6:15-7pm	*Beginner Yoga 7:30-8:30pm	Deep Water Aerobics 5:30-6:30pm							
#Integral Yoga 6:15-7:15pm		*TRX PLUS 6:30-7:15pm							
*Barre Burn 7:30-8:30pm									
9:30-12:00pm	8:45-12:00pm 4-8:30pm	8:45-1pm 4:45-8:30pm	8:45-1pm 4-7:30pm	8:45-1 pm 4:45-8:15pm	8:45-12pm	8:15-12pm			

Kids Corner
Hours