

# Fitness Schedule

Schedule may be subject to change  
Updated 2/5/18  
Classes are 1 hour unless otherwise stated

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM			5:45am Rise & Grind				
8:00 AM	8am Back to Basics	8am Interval Training		8am Interval Training			
	8:15am Morning Yoga		8:15am Morning Yoga				
	8:30am Low Stress Water Aerobics		8:30am Low Stress Water Aerobics		8:30am Low Stress Water Aerobics	* 8:30am Metabolic Circuit	
9:00 AM	9am Weightlifting/ Conditioning		9am Weightlifting/ Conditioning				
	* 9:15am Intro to Cycling	9:30am Body Conditioning		9:30am Body Conditioning	* 9:15am Intro to Cycling		
	9:15am Morning ZUMBA	9:30am Deep Water Aerobics	9:15am Morning ZUMBA	9:30am Deep Water Aerobics	9:15am ZUMBA Gold		
10:00 AM			10am Aqua ZUMBA			* 10am ZUMBA	
	10:45am Total Fitness		10:45am Total Fitness		10:45am Total Fitness		
11:00 AM		*11:30am-12:20pm Peak Performance		*11:30am-12:20pm Peak Performance			
12:00 PM		*12:30-1pm Short Circuit	12 pm Balanced Body	*12:30-1pm Short Circuit			
4:00 PM	* 4:15-5pm Cardio Spin		* 4:15-5pm Cardio Spin			<b>Class Schedule Key:</b> Fitness Classes included in the annual membership Aquatic Classes not included in annual membership Premium Fitness Classes not included in annual membership	
5:00 PM	5:15-6:05pm ZUMBA & Strength	# 5pm Mat Based Pilates	5:15pm W.O.W	# 5pm Integral Yoga			
	5:30pm Deep Water Aerobics	*5:15pm Studio Cycling	5:30pm Deep Water Aerobics				
6:00 PM	6:15-7:10pm Pilates Fusion	6:15pm Yogilates		#6:15pm Mat Based Pilates	6:30pm Cardio Drumming	* Ticket required for entry to class	
	#6:15pm Integral Yoga	6:30pm Cardio Kick				# Must start at the beginning of each session	
7:00 PM	*7:30pm Barre Above	*7:30pm Beginner Yoga	*7-7:45pm TRX PLUS	*7pm ZUMBA			
KIDS CORNER	8:45am-12:00pm 4-8:30pm	8:45am-1pm 4:45-8:30pm	8:45am-1pm 4-7:30pm	8:45am-1 pm 4:45-8:15pm	8:45am-12pm	8:15am-12pm	9:30am-12:00pm