

updated
2/5/18



Fitness Schedule

Schedule may be subject to change

**Starting
2/7/18**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
	Back to Basics 8-9am	Interval Training 8-9am	Rise & Grind 5:45-6:45am	Interval Training 8-9am	Low Stress Water Aerobics 8:30-9:30am	*Metabolic Circuit 8:30-9:30am			
	Morning Yoga 8:15-9:15am	Body Conditioning 9:30-10:30am	Morning Yoga 8:15-9:15am	Body Conditioning 9:30-10:30am	ZUMBA Gold 9:15-10:15am	*ZUMBA 10-11am			
	Low Stress Water Aerobics 8:30-9:30am	Deep Water Aerobics 9:30-10:30am	Low Stress Water Aerobics 8:30-9:30am	Deep Water Aerobics 9:30-10:30am	*Intro to Cycling 9:15-10:15am				
	Weightlifting/Conditioning 9-10am	*Peak Performance 11:30-12:20pm	Weightlifting/Conditioning 9-10am	*Peak Performance 11:30am-12:20pm	Total Fitness 10:45-11:45am				
	*Intro to Cycling 9:15-10:15am	*Short Circuit 12:30-1pm	Morning ZUMBA 9:15-10:15am	*Short Circuit 12:30-1pm	Cardio Drumming 6:30-7:30pm				
	Morning ZUMBA 9:15-10:15am	#Mat Based Pilates 5-6pm	Aqua ZUMBA 10:00-11:00am	#Integral Yoga 5-6pm	<p style="text-align: center;">Class Schedule Key:</p> <table border="1" style="margin: auto;"> <tr> <td style="background-color: #90EE90;">Fitness Classes included in the annual membership</td> </tr> <tr> <td style="background-color: #ADD8E6;">Aquatic Classes not included in annual membership</td> </tr> <tr> <td style="background-color: #DDA0DD;">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	Total Fitness 10:45-11:45am	Low Stress Water Aerobics 5:30-6:30pm					
	*Cardio Spin 4:15-5pm	Low Stress Water Aerobics 5:30-6:30pm	Balanced Body 12-1pm	#Mat Based Pilates 6:15-7:15pm					
	ZUMBA & Strength 5:15-6:05pm	Yogilates 6:15-7:15pm	*Cardio Spin 4:15-5pm	*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 6:15-7:10pm	*Beginner Yoga 7:30-8:30pm	Deep Water Aerobics 5:30-6:30pm						
	#Integral Yoga 6:15-7:15pm		#Integral Yoga 5:45-6:45pm						
	*Barre Above 7:30-8:30pm		*TRX PLUS 7-7:45pm						
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