

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 5:30 a.m.	 5:15- 6:15 a.m. Aerobics Room/ Carley	STEP 5:30- 6:30 a.m. Aerobics Room/ Barb	 5:15 a.m. - 6:15 a.m. Cycle Room/ Barb	STEP & SCULPT 5:30 - 6:30 a.m. Aerobics Room/ Barb Water Aerobics (Pool) 7:00-7:45 a.m.	 5:15 - 6:15 a.m. Aerobics Room/ Carley		
8:30 - 8:45 a.m.	* 8:30- 9:30 a.m. Aerobics Room/Meredith * YOGA 8:30- 9:30 a.m. Room #100/ Laura G	* CYCLE 8:30- 9:15 a.m. Cycle Room/ Meredith * STEP 8:30 - 9:30 a.m Aerobics Room/ Dianna	* 8:30 a.m. - 9:30 a.m. Aerobics Room/ Dianna * YOGA 8:30 a.m. - 9:30 a.m. Cycle Room/ Sharon	* 8:30- 9:30 a.m. Cycle Room/ Amy * 8:30- 9:30 a.m. Aerobics Room/ Dianna	* CARDIO SCULPT 8:30- 9:30 a.m. Aerobics Room/ Ronnie * YOGA 8:30 a.m. - 9:30 a.m. Room #100/ Laura G	* 8:40- 9:40 a.m. Aerobics Room/ Carley Water Aerobics (Pool) 9:00-10:00 a.m	
9:30 - 9:45 a.m.	* STEP 9:30 - 10:35 a.m. Aerobics Room/ Holly	* BODY SCULPT 9:30- 10:30 a.m. Aerobics Room/ Heather	* STEP 9:30- 10:30 a.m. Aerobics Room/ Holly	* CORE & MORE 9:35- 10:35 a.m. Aerobics Room/ Carolyn	* STEP 9:30 a.m. - 10:30 a.m. Aerobics Room/ Holly	* 9:45- 10:45 a.m. Cycle Room/ Brenda * PILATES 9:45- 10:45 a.m. Aerobics Room/ Maggie	
10:30 - 10:45 a.m.	CYCLE 10:30- 11:15a.m. Cycle Room/ Ben HATHA YOGA 10:35- 12:00p.m. Aerobics Room/ Jackie	CORE CONDITIONING 10:30- 11:30 a.m. Aerobics Room/ Heather	CYCLE 10:30- 11:15 a.m. Cycle Room/ Ben HATHA YOGA 10:35 a.m. - 12:00 p.m. Aerobics Room/ Jackie	PILATES 10:45 - 11:45 a.m. Aerobics Room/ Mary	CYCLE 10:30- 11:15 a.m. Cycle Room/ Meredith 10:40- 11:40 a.m. Aerobics Room/ Maranda	* 10:50-11:50 p.m. Aerobics Room/ Dianna	
12:15 - 2:30 p.m.	SilverSneakers Muscular Strength 2:00- 3:00 p.m. Aerobics Room	SilverSneakers Cardio Circuit 1:00- 2:00 p.m. Aerobics Room Water Aerobics (Pool) 2:15-3:00pm	SilverSneakers Muscular Strength 2:00- 3:00 p.m. Aerobics Room	LINE DANCE 12:15 - 1:45 p.m./ Joan SilverSneakers Yoga Stretch 2:00- 3:00 p.m. Aerobics Room	SilverSneakers Muscular Strength 2:00- 3:00 p.m. Aerobics Room		
3:00 - 4:45 p.m.	* 4:30- 5:30 p.m. Aerobics Room/ Dianna	* INTERVAL TRAINING 4:30- 5:30 p.m. Aerobics Room/Carolyn	* 4:30- 5:30 p.m. Aerobics Room/ Maranda * 4:30 - 5:30 p.m. Cycle Room/ Barb	* 4:30- 5:30 p.m. Aerobics Room/ Carley			HATHA YOGA 3:00 p.m. - 4:30 p.m. Aerobics room/ Connie
5:30. - 6:15 p.m.	CYCLE 5:30- 6:20 p.m. Cycle Room/ Ben * 5:30- 6:30 p.m. Aerobics Room/Gissella	* CORE & MORE 5:30 - 6:15 pm AB LAB 6:15 - 6:30 p.m. Aerobics Room Cindy	* INTERVAL TRAINING 5:30 p.m. - 6:30 p.m. Aerobics Room/ Heather	 *5:30- 6:30 p.m. Aerobics Room/ Michelle		***Body Pump & Body Combat Technique Class. Body Pump weeks 1&3. Body Combat weeks 2&4 of the month	** Out of courtesy to our members. Please do not enter class 5 min after class starts.
6:30 - 7:00 p.m.	***Body Pump & Body Combat Technique Class. 6:30-6:55/Aerobics room 7:00-8:00p Room 100/ Gissella PILATES 7:00 - 8:00 p.m. Cycle Room/ Maggie Water Aerobics (Pool) 7:00-8:00 p.m	YOGA 6:30 - 7:30 p.m. Aerobics Room/ Sharon CYCLE 6:45 p.m. - 7:30 p.m. Cycle Room/ Audrey	Water Aerobics (Pool) 7:00-8:00 p.m	YOGA FLOW 6:30 - 7:30 p.m. Room #100 / Sharon 6:30-7:00 p 7:00-8:00pm Aerobics Rooms/Gissella 6:45 p.m. - 7:30 p.m. Cycle Room/ Anja		If attending Body Pump or RPM for the first time, please arrive 10-15 minutes early for set up.	*Classes during prime time hours that do not hold an average of 15 members per classes will be in jeopardy of being restructured to meet member needs. This will happen in June, September & December.