

START	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		Core (25 Min.) Amy—Studio C		Core (25 Min.) Amy—Studio C		7:05 AM Cycle 45 Rotating Inst. Studio A
5:45 AM	Group Power Amy—Studio C Cycle 45 Steven—Studio A	Cycle 60 Amy—Studio A Metabolic Conditioning Shandra—Studio C	Group Power Amy—Studio C Cycle 45 Steven—Studio A	Cycle 60 Amy—Studio A Metabolic Conditioning Shandra—Studio C	Group Power Amy—Studio C Cycle 45 Steven—Studio A	8:00 AM Group Power Rotating Inst. Studio C
6:00 AM		Group Centergy Emily—Studio B		Group Centergy Emily—Studio B		8:00 AM Yoga Rotating Inst. Studio B
7:00 AM	Total Fitness Suzanne—Studio C Yoga/Pilates Joe—Studio B	Tai Chi (7:30 AM) Isaac—Studio B	Total Fitness Suzanne—Studio C Yoga/Pilates Siobhan—Studio B		Total Fitness Suzanne—Studio C Yoga/Pilates Siobhan—Studio B	9:15 AM Grp Blast/Step Rotating Inst. Studio C
8:15 AM		Bones & Balance Cindy—Studio C		Bones & Balance Cindy—Studio C		9:15 AM Cycle 45 Rotating Inst. Studio A
8:20 AM	Gentle Yoga (65 Min.) Kelly—Studio B		Gentle Yoga (65 Min.) Kelly—Studio B		Gentle Yoga (65 Min.) Kelly—Studio B	9:15 AM Group Fight Kickboxing Amanda Studio B
8:30 AM	Group Power Rebekah—Studio C Interval Training (30 Min.) Nikki—Gym	Boot Camp (45 Min.) Dayna—Gym Cycle 45 Amber—Studio A	Group Power Rebekah—Studio C Interval Training (30 Min.) Nikki—Gym	Boot Camp (45 Min.) Dayna—Gym Cycle 45 Amber—Studio A	Group Power Rebekah—Studio C Interval Training (30 Min.) Nikki—Gym	9:15 AM Group Power Rotating Inst. Studio A
8:45 AM	Cycle 45 Sarah—Studio A	Circuit Training Sharon—St B/Fit floor	Cycle 45 Lori—Studio A	Circuit Training Sharon—St B/Fit floor	Cycle 45 Lori—Studio A	9:15 AM Group Power Rotating Inst. Studio A
9:20 AM		Rock Bottom (20 Min.) Lori—Studio B		Rock Bottom (20 Min.) Amber—Studio B		9:15 AM Group Power Rotating Inst. Studio A
9:25 AM		Group Power Sarah—Studio C		Group Power Sarah—Studio C		9:15 AM Group Power Rotating Inst. Studio A
9:35 AM	Step & Core (70 Min.) Rochelle—Studio C Gentle Pilates Kris—Studio B		Step & Core (70 Min.) Rochelle—Studio C Gentle Pilates Heather—Studio B		Step & Core (70 Min.) Rochelle—Studio C Gentle Pilates Kris—Studio B	10:30 AM Zumba Michelle/Megan Studio C
9:45 AM	Cycle 45 Laura Hagen—Studio A		Cycle 45 Laura Hagen—Studio A		Cycle 60 Ashley—Studio A	10:30 AM Pilates Brienne Studio B
10:30 AM		Power Pilates Kris—Studio B		Power Pilates Kris—Studio B		10:30 AM Pilates Brienne Studio B
10:35 AM		Zumba Megan—Studio C		Zumba Megan—Studio C		10:30 AM Pilates Brienne Studio B
10:45 AM	Yoga Joe—Studio B		Yoga Linda—Studio B		Yoga Kris—Studio B	2:00 PM Hula (90 Min.) Linda—Studio B
11:00 AM	Group Centergy(55 Min) Michelle S.—Studio C		Group Centergy(55 Min) Michelle S.—Studio C		Barre Dance Flow Mishele—Studio C	2:00 PM Hula (90 Min.) Linda—Studio B
11:45 AM		Zumba Gold Robbie—Studio C Mostly Jazz (90 Min.) Barbara—Studio B		Tai Chi Joe—Studio C Mostly Jazz (90 Min.) Barbara—Studio B		2:00 PM Hula (90 Min.) Linda—Studio B
12:00 PM	Line Dancing (75 Min.) Robbie—Studio B Dynamic Strength & Conditioning (55 min) Chelsea—Studio C	Cycle 45 Suzanne—Studio A	Line Dancing (75 Min.) Elaine—Studio B Dynamic Strength & Conditioning (55 min) Chelsea—Studio C	Cycle 45 Suzanne—Studio A	Mostly Jazz (90Min.) Barbara—Studio B	SUNDAY 11:30 AM NIA Leela Studio C
1:00 PM	Fit for Life (90 Min.) Leela—Studio C		Fit for Life (90 Min.) Leela—Studio C		12:30 Fit for Life (90 min) Leela—Studio C	4:00 PM Group Power Jen Studio C
1:30 PM		MELT Shandra—Studio C		Therapeutic Yoga Joe—Studio B MELT Shandra—Studio C		4:00 PM Pilates Michelle McV Studio B
1:45 PM	Back Clinic I Kyle—Studio B	Back Clinic II Kyle—Studio B	Back Clinic I Kyle—Studio B		Back Clinic II Kyle—Studio B	5:15 PM Vinyasa Flow Yoga Joe Studio B
4:00 PM	Strength (55 Min.) Kari—Studio C		Strength (55 Min.) Kari—Studio C			5:15 PM Zumba Robbie Studio C
4:30 PM		Group Centergy Rebekah—Studio B Group Blast Wendy—Studio C		Group Centergy Rebekah—Studio B Group Blast Wendy—Studio C		6:30 PM Guided Meditation Joe Studio B
5:00 PM	Cycle 30 Steve—Studio A Core (25 Min.) AJ—Studio C		Cycle 30 Steve—Studio A Core (25 Min.) AJ—Studio C			5:15 PM Zumba Robbie Studio C
5:30 PM	Cardio STRONG Lori—Studio C Yoga Kris—Studio B Circuit Training Cindy—Crossline Room	Group Power Becca—Studio C Cycle 45 Ashley C—Studio A 5:35 PM Zumba Michelle M—Studio B	Pilates Michelle McV—Studio C Yoga Kris—Studio B Circuit Training Cindy—Crossline Room	Group Power Becca—Studio C Cycle 45 Ashley C—Studio A 5:35 PM Zumba Michelle M—Studio B		6:30 PM Guided Meditation Joe Studio B
6:35 PM	Zumba Justin—Studio C		Zumba Megan—Studio C			6:30 PM Guided Meditation Joe Studio B
6:45 PM		Yoga Ann—Studio B Nia Leela—Studio C	7:30-8:30 PM BALLROOM \$ PAID CLASS—Studio B	Vinyasa Flow Yoga Amy Singh—Studio B Nia Leela—Studio C		6:30 PM Guided Meditation Joe Studio B

Schedule changes and additions are noted in BLUE

Cycle Studio A

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 AM	CYCLE	CYCLE	CYCLE	CYCLE	CYCLE	7:05 AM CYCLE
8:30 AM		CYCLE		CYCLE		
8:45 AM	CYCLE		CYCLE		CYCLE	9:15 AM CYCLE
9:45 AM	CYCLE		CYCLE		CYCLE	
12:00 PM		CYCLE		CYCLE		
5:00 PM	CYCLE		CYCLE			
5:30 PM		CYCLE		CYCLE		

Mind/Body Studio B

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		GROUP CENTERGY		GROUP CENTERGY		8:00 AM YOGA
7:00 AM	YOGA/PILATES	TAI CHI (7:30)	YOGA/PILATES		YOGA/PILATES	
8:20 AM	GENTLE YOGA		GENTLE YOGA		GENTLE YOGA	9:15 AM GROUP FIGHT KICKBOXING
8:45 AM		CIRCUIT WARMUP		CIRCUIT WARMUP		
9:20 AM		ROCK BOTTOM		ROCK BOTTOM		
9:35 AM	GENTLE PILATES		GENTLE PILATES		GENTLE PILATES	10:30 AM PILATES
10:30 AM		POWER PILATES		POWER PILATES		2:00 PM HULA
10:45 AM	YOGA		YOGA		YOGA	
11:45 AM		MOSTLY JAZZ		MOSTLY JAZZ		SUNDAY
12:00 PM	LINE DANCING		LINE DANCING		MOSTLY JAZZ	
1:30 PM				THERAPEUTIC YOGA		4:00 PM PILATES
1:45 PM	BACK CLINIC I	BACK CLINIC II	BACK CLINIC I		BACK CLINIC II	5:15 PM VIN. FLOW
4:30 PM		GROUP CENTERGY		GROUP CENTERGY		YOGA
5:30 PM	YOGA	5:35 PM ZUMBA	YOGA	5:35 PM ZUMBA		6:30 PM GUIDED MED.
6:35 PM						
6:45 PM		YOGA	\$Ballroom\$	VINYASA FLOW YOGA		

Multipurpose Studio C

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		CORE		CORE		8:00 AM GROUP POWER
5:45 AM	GROUP POWER	METABOLIC CON	GROUP POWER	METABOLIC CON	GROUP POWER	
7:00 AM	TOTAL FITNESS		TOTAL FITNESS		TOTAL FITNESS	
8:15 AM		BONES & BALANCE		BONES & BALANCE		9:15 AM BLAST/STEP
8:30 AM	GROUP POWER		GROUP POWER		GROUP POWER	
9:25 AM		GROUP POWER		GROUP POWER		
9:35 AM	STEP & CORE		STEP & CORE		STEP & CORE	10:30 AM ZUMBA
10:35 AM		ZUMBA		ZUMBA		
11:00 AM	GROUP CENTERGY		GROUP CENTERGY		BARRE DANCE FLOW	SUNDAY
11:45 PM		ZUMBA GOLD		TAI CHI		11:30 AM NIA
12:00 PM	DYN STRENGTH & CONDITIONING		DYN STRENGTH & CONDITIONING			
1:00 PM	FIT FOR LIFE		FIT FOR LIFE		12:30 FIT FOR LIFE	4:00 PM GROUP POWER
1:30 PM		MELT		MELT		
4:00 PM	STRENGTH		STRENGTH			
4:30 PM		GROUP BLAST		GROUP BLAST		
5:00 PM	CORE		CORE			5:15 PM ZUMBA
5:30 PM	CARDIO STRONG	GROUP POWER	PILATES	GROUP POWER		
6:35 PM	ZUMBA		ZUMBA			
6:45 PM		NIA		NIA		

Specialty Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM	INTERVAL TRAINING <i>GYM</i>	BOOT CAMP <i>GYM</i>	INTERVAL TRAINING <i>GYM</i>	BOOT CAMP <i>GYM</i>	INTERVAL TRAINING <i>GYM</i>
8:45 AM		CIRCUIT TRAINING <i>FITNESS FLOOR</i>		CIRCUIT TRAINING <i>FITNESS FLOOR</i>	
5:30 PM	CIRCUIT TRAINING <i>CROSSLINE ROOM</i>		CIRCUIT TRAINING <i>CROSSLINE ROOM</i>		

All classes are first come, first served basis. Please arrive promptly to secure your space in class.

Trying a new class? Arrive 5 minutes early to set-up and meet the instructor!