



11/13/2017 MONDAY	11/14/2017 TUESDAY	11/15/2017 WEDNESDAY	11/16/2017 THURSDAY	11/17/2017 FRIDAY	11/18/2017 SATURDAY	11/19/2017 SUNDAY
5:45AM ANNIE 			6:00AM VICKY 		8:00 AM KATHARINE 	FLEX STRENGTH
8:15AM JEN	8:15AM CHRISSY	8:15AM SABRINA 		8:15AM LAUREN	9:00 AM KARLA 	
Low Impact 30	Kickboxing 30			Muscles		
8:45AM JEN	8:45AM CHRISSY				10:00 AM MARTHA 	
Pilates 30	Muscles 30				11:00 AM KARLA 	
9:30AM JEN	9:30AM AMBER 	9:30AM LAUREN	9:30AM KATHARINE	9:30AM BRISA		
SWEAT		MUSCLES	SWEAT	Zumba		
10:35AM JEN	12:00PM BRISA Zumba	12:00PM SUSAN 	11:00AM Brisa Zumba Gold			4:00PM KAREN
Foam Roller & Stretch		12:30PM SUSAN 	12:15PM REBECCA 			
12:15 PM SUSAN 						
4:30PM DARREN 	4:30PM CHRISSY	4:30PM JEN		4:30 PM BRISA		
	SWEAT	Muscles		ZUMBA STRONG		
5:30PM KARLA 	5:30PM MARTHA 	5:30PM CHRIS M CARDIO DANCE	5:30PM DARREN 			
			6:00PM SABRINA 			
	6:30PM ANNIE 	6:30PM PAM ZUMBA	6:30PM ANN 			
			7:00PM ANN 			

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM OPEN YOGA	6:00AM OPEN YOGA	6:00a Ward POWER YOGA	6:00AM OPEN YOGA			
			8:15AM Tony. Pilates		9:15AM Barb Begin/Interm Yoga	
9:45am Nikki Beg./Int.		9:45am Barbara Beg./Int.		9:30AM TONY Power Yoga	10:30AM Sheila Gentle/BeginYoga	10:30AM Nikki Begin/Interm Yoga
11:00am Sheila Gentle	11:00AM SHEILA Gentle/BeginYoga	11:00AM NIKKI Gentle Yoga	11:00AM NIKKI Gentle/BeginYoga	11:00AM Mona Gentle Yoga		
12:15pm Jen J. MIXED Level Flow		12:15PM Anne Deep Stretch Slow Flow		12:25pm Marcee Deep Stretch Slow Flow		
						4:00PM LORA Begin/Interm Yoga
6:00pm Loretta Beg./Int.	5:30pm Barbara Warm Flow	6:00PM Tony Intermediate Yoga	6:00PM Jen J Begin/Interm Yoga			5:30pm Tony Intermediate

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM LISA B SPIN	5:30AM MIKE C SPIN	5:45AM KATHY SPIN	6:00AM VICKY SPIN	8:05AM MIKE C 	8:05AM CINDY N SPIN
9:30AM JULIE 		9:30AM JULIE 		8:30AM NIKKI SPIN	9:15AM LISA B SPIN	
12:15PM TIFANY SPIN	12:15PM JEN 	12:15PM MARYBETH SPIN	12:15PM JULIE 			
				12:15PM KATHY SPIN		
6:00PM LISA B. SPIN	6:00PM MARY BETH SPIN	6:00PM LISA B SPIN				

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM TERESA Water Fitness	8:30AM TABITHA Water Fitness	8:30AM KATIE Water Fitness	8:30AM KATIE Water Fitness	8:30AM ANNA Water Fitness	9:00AM RITA Water Fitness	
9:45-10:30AM Open Water	9:45AM TABITHA Gentle Aqua	9:45AM KATIE Gentle Aqua	9:45-10:30AM Open Water			