



11/6/2017 MONDAY	11/7/2017 TUESDAY	11/8/2017 WEDNESDAY	11/9/2017 THURSDAY	11/10/2017 FRIDAY	11/11/2017 SATURDAY	11/12/2017 SUNDAY
5:45AM ANNIE 			6:00AM VICKY 		8:00AM ANNIE 	8:00AM KAREN
8:15AM JEN	8:15AM CHRISSEY	8:15AM SABRINA		8:15AM JEN	9:00AM KARLA 	9:00AM REBECCA
Low Impact 30	Kickboxing 30			MUSCLES		
8:45AM JEN	8:45 AM CHRISSEY					
Pilates 30	Muscles 30					
9:30AM NIKKI	9:30AM AMBER 	9:30AM LAUREN	9:30AM JEN	9:30AM BRISA	10:05AM REBECCA 	
CARDIO CIRCUITS		Muscles	SWEAT	Zumba		
10:35AM JEN	12:00PM BRISA	12:00PM JEN	11:00AM REBECCA		11:10AM REBECCA	4:00PM ANN
Foam Roller & Stretch	Zumba	ABS 30	Zumba		Zumba	
12:15PM PEGGY		12:30PM JEN	12:15PM PEGGY			
		LOW IMPACT 30				
4:30PM DARREN	4:30 PM CHRISSEY	4:30PM JEN		4:30PM JEN		
	SWEAT	MUSCLES		SWEAT		
5:30PM AMBER 	5:30PM REBECCA 	5:30PM CHRIS CARDIO DANCE	5:30PM DARREN 			
			6:00PM SABRINA 			
	6:30PM ANNIE 	6:30PM KAREN COUNTRY HEAT 30	6:30PM AMBER 			
		7:00PM KAREN				
		PIYO:XPRESS				

MIND/BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	6:00AM	6:00am Ward	6:00AM			
OPEN YOGA	OPEN YOGA	Power Yoga	OPEN YOGA			
			8:15a Jen S		9:15am Donna	
			PILATES		Begin/Interm Yoga	
9:45AM Nikki		9:45am Nikki		9:30am Tony	10:30am Donna	10:30AM Steve
Begin/Interm Yoga		Beg./Int.		Power Yoga	Gentle/BeginYoga	Begin/Interm Yoga
11:00AM SHEILA	11:00AM SHEILA	11:00am Nikki	11:00AM Nikki	11am Mona		
Gentle Yoga	Gentle/BeginYoga	Gentle Yoga	Gentle/BeginYoga	Gentle Yoga		
12:15pm Jen J.		12:15p Anne		12:15pm Mona		
Mixed Level Flow		Deep Stretch Slow Flow		Deep Stretch Slow Flow		
						4:00pm Lora
						Begin/Interm Yoga
6:00PM LORETTA	5:30pm Barbara	6:00PM Barbara	6:00PM JEN J.			5:30pmTony
Begin/Interm Yoga	Warm Mixed Level Flow	Intermediate Yoga	Begin/Interm Yoga			Intermediate

SPIN/RPM STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM MARTHA	5:30AM MIKE C	5:45AM KATHY	6:00AM MARTHA	8:05AM MIKE C	8:05AM VICKY
	SPIN		SPIN	SPIN		SPIN
9:30AM JEN		9:30AM JULIE		8:30AM PEGGY	9:15AM MARTHA	
				SPIN	SPIN	
12:15PM MARTHA	12:15PM JEN	12:15PM MARY BETH	12:15PM MARGEE			
SPIN		SPIN				
				12:15PM TIFFANY		
				SPIN		
6:00PM LISA B	6:00PM JODEE	6:00PM LISA B				
SPIN	SPIN	SPIN				

POOL

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