

MONDAY			
7:00	HIIT	Pam	LR
8:30	Cardio Wake-up	Anie	LR
9:30	Pilates	Pam	LR
10:30	SS Yoga	Vivian	LR
11:00	Low Impact/Sculpt Int.	Jane	SR
11:25	Tabata Express (30)	Vivian	LR
12:00	Ballet Barre (80)	Marianne	LR
12:00	Pilates	Jane	SR
1:30 #	Feel Better Yoga (90) #	Elizabeth	LR
4:30	Pilates	Kiz	LR
6:30	Zumba	Carmen	LR
TUESDAY			
8:15	Circuit	Pam	WR
8:30	ZUMBA	Anie	SR
9:00	Morning Jump Start	Pam	LR
10:00	SS Classic	Pam	LR
10:30	Tabata Express (30)	Martha	SR
11:00	Gentle Flow Yoga	Martha	LR
11:15	Karate (90)	Joe	SR
12:00 #	Cardio Dance #	Kathie	LR
1:00	Advanced Tai Chi	Erin	LR
4:30	Weight Room Circuit	Ela	WR
5:30	Adult Ballet (60)	Lynn	LR
5:30	Intro To Boxing	Coach Wayne	SR
6:30	Zumba	Carmen	LR
WEDNESDAY			
7:00	HIIT	Pam	LR
8:30	Cardio Wake-up	Anie	SR
9:20	Strength (30)	Eric	SR
9:00	Pilates	Pam	LR
9:50	Stretch (30)	Eric	SR
10:00	SS Classic	Pam	LR
12:00	Ballet Barre (80)	Marianne	LR
3:00	Yoga Stretch (60)	Elizabeth	LR
4:30	Pilates	Kiz	LR
5:30	Step	Vivian	LR
6:30	ZUMBA	Anie	LR

THURSDAY			
8:15	Circuit	Pam	WR
8:30	ZUMBA	Anie	SR
9:00	Morning Jump Start	Pam	LR
10:00	SS Classic	Carolyn	LR
11:00	Low Impact & Core	Martha	LR
11:15	Karate (90)	Joe	SR
12:00 #	Cardio Dance #	Kathie	LR
1:00	Beginner Tai Chi	Erin	LR
4:30	Weight Room Circuit	Ela	WR
5:30	Floor Barre	Marianne	SR
5:30	Step Interval	Jane	LR
6:30	ZUMBA	Anie	LR
FRIDAY			
7:00	HIIT	Pam	LR
8:30	ZUMBA	Anie	LR
9:20	Strength (30)	Eric	SR
9:30	SS Classic	Betsey	LR
9:50	Stretch (30)	Eric	SR
10:30	LaBlast	Christina	SR
11:00	Tabata Express (30)	Martha	LR
11:30	Gentle Pilates	Martha	LR
1:00	Tai Chi	Michele	LR

SATURDAY			
9:00	Step	Vivian	LR
9:50	Sculpt & Stretch	Lisa	LR
10:00	ZUMBA	Anie	SR
10:45	Yoga (90)	Charles	LR
11:00	Intro To Boxing	Coach Wayne	SR

Sunday
4:00 ZUMBA Anie LR

NEW CLASSES
LOCATION, INSTRUCTOR OR TIME CHANGE