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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin Pump 6:15-7:00am Lynn	Sunrise Cycling 6:15-7:00am Lynn	Tour de Tabata Spin 6:15-7:00am Heidi	Sunrise Cycling 6:15-7:00am Helen	TRX Boot Camp 6:15-7:15am in GYM Helen	Yoga 9:10-10:10am Mary/Julie
Boot Camp 6:15-7:15am Helen	Morning Thunder 6:15-7:00am Tiffany	Boot Camp 6:15-7:15am Helen	Power Pilates 6:15-7:00am Tiffany	Aqua Aerobics 8:30-9:30am POOL Helen	Aero Kick 10:15-11:30am Fay
Aqua Aerobics 8:30-9:30am POOL Helen	Aqua Mat Bootcamp 6:30-7:30am POOL Heidi	TRXpresso 8:30-9:15am in GYM Tiffany	Aqua Mat Bootcamp 6:30-7:30am POOL Heidi	Butts and Guts 8:30-9:30am Kerri	
Yoga Sculpt 8:30-9:30am Michelle	Spin Pump 7:15-8:00am Lynn	Aqua Aerobics 8:30-9:30am POOL Helen	Indoor Cycling 7:15-8:00am Helen	Fitness Orientation 8:30-9:30am on CB Michelle	
Zumba 8:30-9:30am GYM Laurie	Deep Stretch Yoga 8:00-9:00am Michelle	Step 8:30-9:30am Laurie	Step 8:00-9:00am Laurie	Yin Yoga 9:30-10:30am Michelle	Sunday
Indoor Cycling 9:30-10:15am Tiffany	Energy Xtreme 9:10-10:25am Fay	Fitness Orientation 8:30-9:30am on CB Michelle	Energy Xtreme 9:10-10:25am Fay	TRX Circuit 9:30-10:30am in GYM Tiffany	<p>No Kids Under 16 permitted in Fitness classes.</p> <p>Additional Fee Sign Up in Advance</p> <p>*** Special Needs Private Class</p> <p>Kid Kare available during these classes</p>
TRX Basics 9:30-10:15am in GYM Laurie	Power Tone 10:30-11:30am Laurie	Beginning Fitness 9:30-10:30am Michelle	Yoga 10:30-11:30am Laurie	Mtn Valley Yoga*** 10:30-11:15am Red Mtn Room Michelle	
Beginning Fitness 9:30-10:30am Michelle	On the Ball 12:00-1:00pm Helen	TRX Tone 9:30-10:15am in GYM Laurie	On the Ball 12:00-1:00pm Helen	Zumba 10:30-11:30am Laurie	
Fitness Orientation 10:30-11:30am on CB Michelle	Indoor Cycling 4:00-4:45pm Helen	Indoor Cycling 9:30-10:15am Tiffany	Indoor Cycling 4:00-4:45pm Helen	Indoor Cycling 12:00-12:45pm Helen	
Mtn Valley*** 10:30-11:15am Helen	SuperDoubleStep 4:30-5:30pm Fay	Mtn Valley*** 10:30-11:15am Helen	DanceStep 4:30-5:30pm Fay	Total Body Tone 12:00-1:00pm Michelle	
Classic Mat Pilates 12:00-1:00pm Tiffany	Yoga 5:30-6:30pm Lauren	Rockin' Vinyasa 12:00-1:00pm Michelle	Yoga 5:30-6:30pm Lauren	Latin Dance 7:00-9:00pm Ricardo	
Quiet Riot 4:30-5:30pm Kerri	Zumba 6:30-7:30pm Jenny	Quiet Riot 4:30-5:30pm Kerri	Zumba 6:30-7:30pm Veronica		
KickDance 5:30-6:30pm Fay	Floating Lotus Yoga 6:45-7:45pm POOL Lauren	DanceKick 5:30-6:30pm Fay	Floating Lotus Yoga 6:45-7:45pm POOL Lauren		
Tour de Tabata Spin 6:00-6:45pm Heidi		Sunset Cycling 6:00-6:45pm Heidi			
Latin Dance 7:00-9:00pm Ricardo					



