

Hours
 Mon-Fri 5am-9pm
 Sat 7am-7pm
 Sun 11am-7pm

Fall Fitness Class Schedule

Starts October 15th, 2017

Subject to Change



Monday	Tuesday	Wednesday	Thursday	Friday
Intense Spin 5:45am-6:45am Tony	Yoga Sculpt 5:45am-6:45am Carly	*Intense Spin* 5:45am-6:45am Tony	*Intense Spin* 5:45am-6:45am Tony	
Morning Aqua Fit 7:45am-8:45am Rose	H2O Training 8:30am-9:15am Amber	Morning Aqua Fit 7:45am-8:45am Bailey	H2O Training 8:30am-9:15am Amber	Morning Aqua Fit 7:45am-8:45am Rose
	Mat Pilates 8:30am- 9:30am Shirley	Step Class 9:10am-9:40am Shirley	Mat Pilates 8:30am- 9:30am Shirley	
Fit Over 50 9:45am-10:30am Bailey	Low Impact Cardio 9:45am-10:30am Shirley	Fit Over 50 9:45am-10:30am Shirley	Low Impact Cardio 9:45am-10:30am Shirley	Fit Over 50 9:45am-10:30am Bailey
	SilverSneakers® 1:00pm-1:45pm Amber		SilverSneakers® 1:00pm-1:45pm Amber	
Kickboxing 5:30pm-6:20pm Carly	*Cycle Revolution* 5:30pm-6:20pm Chris	Yoga Sculpt 5:30pm-6:20pm Carly	*Cycle Revolution* 5:30pm-6:20pm Chris	
Kettlebell 6:30pm-7:15pm Bailey	Pilates 6:30pm-7:30pm Chris	Free Weight Training 6:30pm-7:15pm Bailey		