

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

# Winter Fitness Class Schedule



\*Premium Class

Subject to Change

Revised 2/1/18

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