

**Hours**  
 Mon-Fri 5am-8pm  
 Sat 7am-4pm  
 Sun Closed

# Fall Fitness Class Schedule

\*Premium Class      Subject to Change      Revised 9/1/18



Monday	Tuesday	Wednesday	Thursday	Friday
	<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 Bailey	<b>H2O Training</b> 8:30am-9:15am Amber	<b>Morning Aqua Fit</b> 8:00am-8:45am Amber	<b>H2O Training</b> 8:30am-9:15am Amber	<b>Morning Aqua Fit</b> 8:00am-8:45am Bailey
	<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>Lunch Break</b> 12:15pm-12:45pm Amber	<b>SilverSneakers®</b> 1:00pm-1:45pm Amber	<b>Lunch Break</b> 12:15pm-12:45pm Amber	<b>SilverSneakers®</b> 1:00pm-1:45pm Amber	
<b>*Suspension Training*</b> 5:30pm-6:15pm Bailey		<b>*Suspension Training*</b> 5:30pm-6:15pm Bailey		