

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

Winter Fitness Class Schedule



*Premium Class

Subject to Change

Revised 12/1/18

Monday	Tuesday	Wednesday	Thursday	Friday
	Intense Spin 5:45am-6:45am Lori		*Intense Spin* 5:45am-6:45am Tony	
Morning Aqua Fit 8:00am-8:45am Bailey	H2O Training 8:30am-9:15am Amber	Morning Aqua Fit 8:00am-8:45am Amber	H2O Training 8:30am-9:15am Amber	Morning Aqua Fit 8:00am-8:45am Bailey
	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
Lunch Break 12:15pm-12:45pm Amber	SilverSneakers® 1:00pm-1:45pm Amber	Lunch Break 12:15pm-12:45pm Amber	SilverSneakers® 1:00pm-1:45pm Amber	
Suspension Training 5:30pm-6:15pm Bailey	*Cycle Revolution* 5:30pm-6:30pm Chris	Zumba 5:30pm-6:30pm JoAnn <i>Starts December 12th</i>	*Cycle Revolution* 5:30pm-6:30pm Chris	
Saturday Morning *Spin Strong* 8:00am-10:00am Chris/Lori				