

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

Winter Fitness Class Schedule



*Premium Class

Subject to Change

Revised 3/1/19

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Cycle 5:45am-6:45am Lori		*Morning Cycle* 5:45am-6:45am Lori	*Morning Cycle* 5:45am-6:45am Lori	
Morning Aqua Fit 8:00am-8:45am Bailey	H2O Training 8:30am-9:15am Amber	Morning Aqua Fit 8:00am-8:45am Bailey	H2O Training 8:30am-9:15am Amber	Morning Aqua Fit 8:00am-8:45am Bailey
	Balanced Fitness 8:45am-9:30am Donovan		Balanced Fitness 8:45am-9:30am Donovan	
Fit Over 50 9:45am-10:30am Bailey	Cardio, Core and More 9:45am-10:15am Bailey	Fit Over 50 9:45am-10:30am Bailey	Cardio, Core and More 9:45am-10:15am Bailey	Fit Over 50 9:45am-10:30am Bailey
Total Training 10:45am-11:15am Amber	SilverSneakers® 1:00pm-1:45pm Amber	Total Training 10:45am-11:15am Amber	SilverSneakers® 1:00pm-1:45pm Amber	
Body Sculpt 5:30pm-6:15pm Bailey	*Cycle Revolution* 5:30pm-6:30pm Chris	Zumba 5:30pm-6:30pm JoAnn	*Cycle Revolution* 5:30pm-6:30pm Chris	
Saturday Morning *Spin Strong* 8:00am-10:00am Chris/Lori				