

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

Spring Fitness Class Schedule

**Premium Class*

Subject to Change

Revised 3/1/20



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
Aqua Fit 8:00am-8:45am Karen		Aqua Fit 8:00am-8:45am Karen		Aqua Fit 8:00am-8:45am Karen
	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 9:40am-10:25am Shirley	Fit Over 50 9:45am-10:30am Shirley	Cardio, Core and More 9:40am-10:25am Shirley	Fit Over 50 9:45am-10:30am Bailey
	SilverSneakers® 1:00pm-1:45pm Bailey		SilverSneakers® 1:00pm-1:45pm Bailey	
	Spin for All Levels 5:30pm-6:30pm Chris	*Body Sculpt* 5:30pm-6:15pm Bailey	*Cycle, Strength and Core* 5:45pm-6:45pm Lynette	
Saturday Morning *Spin Strong* 8:00am-10:00am Chris/Lori				