



EFFECTIVE:
February 1, 2018

Group Personal Training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM		FORCE Erika		STRENGTH Erika	STRENGTH Erika		
5:30AM							
11:15AM							
5:30PM		FORCE Queli (Back Weight Room)		STRENGTH Queli (Back Weight Room)			
6:45PM	STRENGTH Phoenix		FORCE Phoenix				

Group Fitness Studio

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM	BRING IT ON Denise		BRING IT ON Denise				
6:30AM	Rise and Shine Yoga		Rise and Shine Yoga Kai				
8:00AM						<i>Yoga-Lates</i> Denise	
9:00AM		<i>Circuit/Interval Training</i> Karen H	PUMP IT UP Monica		YOGA Connie	Tabata/Kickboxing Denise/Yolanda	
10:00AM	PILATES Patty	 SilverSneakers Cardio Circuit-Karen		 SilverSneakers Cardio Circuit-Karen	PILATES Patty	PUMP IT UP Denise/Yolanda	
10:30AM						 POUND Laura	YOGA Kai
11:00AM	 SilverSneakers Muscular Strength-Patty		<i>Stability & Balance</i> Deborah		 SilverSneakers Muscular Strength-Patty		
11:15AM							
4:30PM		TABATA Denise		TABATA Monica			
5:30PM	 POUND Leah	 ZUMBA Tatiana	MIXXEDFIT Isabel	YOGA Jan			
6:30PM		Gentle Yoga Connie	 POUND Laura				

Pool/Aqua Fitness

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30AM						AQUA AEROBICS Ina Kay	
9:00AM		Aqua Boot Camp Connie		t'AQUAta Janice			
9:30AM	POWER SPLASH Kat		AQUA AEROBICS Linnea		AQUA AEROBICS Lee		
10:00AM		AQUA AEROBICS Carol		AQUA AEROBICS Janice			
10:30AM	AQUA YOGA Connie						
11:00AM		AQUA BALANCE Jan		AQUA BALANCE Janice			
12:00PM							FAMILY SWIM 12:00-6:00PM
	The Pool is Available for general swim during swim lessons and anytime classes are NOT in session. The Pool Lane Line will be Removed 5 Minutes Prior to the Start of Class.						
4:15-6:15PM							
6:15PM	POWER SPLASH Kat/Ina Kay		AQUA AEROBICS Jan	H2O Aquafit Bootcamp Connie			

All classes are subject to change without notification.