

# June—2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
|--------|---------|-----------|----------|--------|----------|--------|

## STUDIO ONE

|   |   |                                      |   |  |                                  |  |
|---|---|--------------------------------------|---|--|----------------------------------|--|
| BodyPump<br>Lynna<br>5:30-6:30am                    | Triple Threat<br>Training<br>McRae<br>5:30-6:30am |                                      | Triple Threat<br>Training<br>Brenda<br>5:30-6:30am  |  |                                  |  |
| BodyPump<br>Karol<br>8:30-9:30am                    | Straight Up<br>Strength<br>Brenda<br>8:30-9:15am  | BodyPump Exp<br>Lynna<br>8:30-9:00am | Straight Up<br>Strength<br>Kim H.<br>8:30-9:30am    | BodyPump<br>Karen<br>8:30-9:30am       | BodyPump<br>Karol<br>8:30-9:30am |  |
|   |   | CXWORX<br>Lynna<br>9:00-9:30am       |   | HIIT<br>Brenda<br>9:45-10:45am         |                                  |  |
| Dance Fusion<br>Stacy<br>11:00-11:45am              | Dance & Tone<br>Renata<br>11:00-11:45am           |                                      | Fit Barre<br>Stacy<br>11:00-11:45am                 | Dance Fusion<br>Stacy<br>11:00-11:45am |                                  |  |
| BODYFIT<br>Circuit Training<br>Kelly<br>4:30-5:30pm |   |                                      | BODYFIT<br>Circuit Training<br>Jenny<br>4:30-5:15pm |  |                                  |  |
|   | BodyPump<br>Karol<br>5:30-6:30pm                  | HIIT<br>Brenda<br>5:30-6:30pm        | BodyPump<br>Kristen<br>5:30-6:30pm                  |  |                                  |  |
| Fit Barre<br>Stacey<br>6:00-7:00pm                  |   |                                      |   |  |                                  |  |

## STUDIO TWO

|  |   |                                       |  |                                       |  |  |
|--|---|---------------------------------------|--|---------------------------------------|--|--|
| Pilates<br>with Props<br>Cathy<br>9:00-10:00am | Yoga/Pilates<br>Fusion<br>Laura<br>9:00-10:00am | Pilates<br>Laura<br>9:00-10:00am      | Pilates<br>Laura<br>9:00-10:00am               | Pilates<br>Laura<br>9:00-10:00am      |  |  |
| Yoga<br>Cathy<br>10:00-11:00am                 | Yoga Back<br>Laura<br>10:00-11:00am             | Active Yoga<br>Laura<br>10:00-11:00am | Yoga<br>Laura<br>10:00-11:00am                 | Active Yoga<br>Laura<br>10:00-11:00am | Yoga/Pilates<br>Fusion<br>Jenny<br>10:00-11:00am |  |
|  |   |                                       |  |                                       |  |  |
| Yoga<br>Jenny<br>6:00-7:00pm                   | Yoga/Pilates Fusion<br>Helen<br>6:00-7:00pm     |                                       | Yoga/Pilates<br>Fusion<br>Jenny<br>5:30-6:30pm |                                       |  |  |

## OPEN STUDIO

|  |  |                                    |  |                                 |  |  |
|--|--|------------------------------------|--|---------------------------------|--|--|
| Cardio & Core<br>Brenda<br>8:30-9:30am | TONE<br>By LesMills™<br>JoAnn<br>9:00-9:45am   |                                    | TONE<br>By LesMills™<br>JoAnn<br>9:00-9:45am |                                 |  |  |
| SAIL<br>Kim K.<br>10:15-11:00am        | Light Cardio & Tone<br>Jo-Ann<br>10:15-11:00am | SAIL<br>Cathy<br>10:15-11:00am     |  | SAIL<br>Jo-Ann<br>10:15-11:00am |  |  |
| C.A.R.E.<br>Cathy<br>11:15-12:15pm     |  | C.A.R.E.<br>Cathy<br>11:15-12:15pm |  |                                 |  |  |
|  |  | ABS with Brenda<br>5:15-5:30pm     |  |                                 |  |  |
|  | Hoop Class<br>Ann<br>6:00-7:00pm               |                                    | Hoop Class<br>Ann<br>6:00-7:00pm             |                                 |  |  |

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## SPINNING

|                                    |                                   |                                   |                                    |                                    |                                |  |
|------------------------------------|-----------------------------------|-----------------------------------|------------------------------------|------------------------------------|--------------------------------|--|
|                                    |                                   | Spinning<br>Kelly<br>5:30-6:30am  |                                    | Spinning<br>Kelly<br>5:30-6:30am   |                                |  |
|                                    | Spinning<br>Kim H.<br>8:30-9:30am |                                   | Spinning<br>Kristen<br>8:30-9:15am |                                    |                                |  |
| Spinning<br>Kim H.<br>9:30-10:15am |                                   | Spinning<br>Karen<br>9:30-10:15am |                                    | Spinning<br>Kim H.<br>9:30-10:30am | Spinning<br>Ray<br>8:30-9:15am |  |
|                                    | Spinning<br>Kelly<br>4:30-5:15pm  |                                   | Spinning<br>Karol<br>4:30-5:15pm   |                                    |                                | Spinning<br>Rotating Instr.<br>2:00-2:45pm |
| Spinning<br>Karen<br>5:30-6:15pm   |                                   |                                   |                                    |                                    |                                |  |

## GYMNASIUM - Court A

|   |                                      |  |                                      |  |   |  |
|---|--------------------------------------|--|--------------------------------------|--|---|--|
|   |                                      |  |                                      |  |   |  |
| TRX<br>Lisa<br>9:45-10:45am                                 | Power Hour<br>Ashley<br>9:45-10:45am |  | Power Hour<br>Ashley<br>9:45-10:45am |  | Circuit Training<br>Rotating Instr.<br>9:45-10:45am |  |
| Open Air<br>Conditioning<br>(outdoors) Jenny<br>5:00-5:45pm |                                      |  |                                      |  |   |  |

## AQUATICS

|   |  |   |   |   |  |  |
|---|--|---|---|---|--|--|
| In TOO Deep<br>Renata<br>7:30-8:00am    |  |   |   | In TOO Deep<br>Jo-Ann<br>7:30-8:00am    |  |  |
| Water Aerobics<br>Renata<br>8:00-8:45am | Aqua Challenge<br>Lisa<br>8:00-8:45am  | Water Aerobics<br>Renata<br>8:00-8:45am | Water Aerobics<br>Renata<br>8:00-8:45am | Water Aerobics<br>Jo-Ann<br>8:00-8:45am |  |  |
|   |  |   |   |   | Water Aerobics<br>Johnice<br>8:30-9:15am |  |
| Gentle Aqua<br>Renata<br>9:00-9:45am    | Gentle Aqua<br>Kim K.<br>9:00-9:45am   | Gentle Aqua<br>Renata<br>9:00-9:45am    | Gentle Aqua<br>Renata<br>9:00-9:45am    |   |  |  |
|   | Aqua Restore<br>JoAnn<br>12:00-12:45pm |   | Aqua Restore<br>JoAnn<br>12:00-12:45pm  |   |  |  |
| Water Aerobics<br>Renata<br>5:45-6:30pm | Splashdown!<br>Helen<br>5:00-5:45pm    |   | Aqua Barre<br>Kim K.<br>5:45-6:30pm     |   |  |  |