

February—2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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STUDIO ONE

BodyPump Lynna 5:30-6:30am	Triple Threat Training John 5:30-6:30am		Triple Threat Training Brenda 5:30-6:30am			
BodyPump Karol 8:30-9:30am	Straight Up Strength Brenda 8:30-9:30am	BodyPump Exp Lynna 8:30-9:00am	Straight Up Strength Kim H. 8:30-9:30am	BodyPump Karen 8:30-9:30am	BodyPump Karol 8:30-9:30am	
		CXWORX Lynna 9:00-9:30am				
				HIIT Brenda 9:45-10:45am	Zumba Fusion Rotating Instr. 9:45-10:45am	
Dance Fusion Stacy 11:00-11:45am	Dance & Tone Renata 11:00-11:45am		Fit Barre Stacy 11:00-11:45am	Dance Fusion Stacy 11:00-11:45am		Dance Fusion Renata 2:00-3:00pm
BODYFIT Circuit Training Kelly 5:00-6:00pm	BodyPump Karol 5:30-6:30pm	HIIT Brenda 5:30-6:30pm	BodyPump Kristen 5:30-6:30pm			
Fit Barre Stacey 6:00-7:00pm						

STUDIO TWO

Pilates with Props Cathy 9:00-10:00am	Yoga/Pilates Fusion Laura 9:00-10:00am	Pilates Laura 9:00-10:00am	Pilates Laura 9:00-10:00am	Pilates Laura 9:00-10:00am		
Yoga Cathy 10:00-11:00am	Yoga Back Laura 10:00-11:00am	Active Yoga Laura 10:00-11:00am	Yoga Laura 10:00-11:00am	Active Yoga Laura 10:00-11:00am	Yoga/Pilates Fusion Laura 10:00-11:00am	
	ABS with Kelly 5:15-5:30pm					
	Yoga/Pilates Fusion Kelly 5:30-6:30pm		Fit Barre Kim K. 5:45-6:45pm			

OPEN STUDIO

Cardio & Core Brenda 8:30-9:30am	Body Vive JoAnn 9:00-10:00am	Interval Training Kim H. 8:30-9:30am	Body Vive JoAnn 9:00-10:00am			
SAIL Kim K. 10:15-11:00am	Light Cardio & Tone Jo-Ann 10:15-11:00am	SAIL Cathy 10:15-11:00am		SAIL Jo-Ann 10:15-11:00am		
C.A.R.E. Cathy 11:15-12:15pm		C.A.R.E. Cathy 11:15-12:15pm				
		ABS with Brenda 5:15-5:30pm				
	Hoop Class Ann 6:00-7:00pm		Hoop Class Ann 6:00-7:00pm			

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SPINNING

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

GYMNASIUM - Court A

TRX Lisa 8:30-9:15am	Power Hour Ashley 8:30-9:30am	TRX Lisa 8:30-9:15	Power Hour Ashley 8:30-9:30am			
TRX Lisa 9:30-10:15am	Power Hour Ashley 9:45-10:45am		Power Hour Ashley 9:45-10:45am		Circuit Training Rotating Instr. 9:45-10:45am	
Sports Performance 8:30-11:30am 1:30-6:00pm	Sports Performance 8:30-11:30am 1:30-6:00pm	Sports Performance 8:30-11:30am 1:30-6:00pm	Sports Performance 8:30-11:30am 1:30-6:00pm	Sports Performance 1:30-6:00pm		

AQUATICS

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