

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
--------	---------	-----------	----------	--------	----------

UPDATED January 9th 2019

STRENGTH AND AGILITY ROOM

5:15AM to 6:15AM	BOOTCAMP with KIMM	7:00 - 7:30 TAI CHI with BARBARA	BOOTCAMP with KIMM		BOOTCAMP with KIMM	
8:00AM to 9:00AM	STEP-LIFT with BARB	CARDIO PLUS with BARB	SILVER SNEAKERS® YOGA with REBECCA	GENTLE YOGA with MARNI		TRX® with MELISSA
9:00AM to 10:00AM	BOOTCAMP with KIMM	BOOTCAMP with KIMM	BOOTCAMP with KIMM	BOOTCAMP with KIMM	BEGINNING BOOTCAMP with MARNI	
10:00AM to 11:00AM	BEGINNING BOOTCAMP with MARNI					
5:30PM to 6:30PM		Bootcamp (Lift-Yoga) w. YOLANDA	TRX® with KRAMER	BOOTYLATES® with CHRISTINE		
6:30PM to 7:30PM						

SPINNING ROOM

5:15AM to 6:15AM	BOOTCAMP with KIMM	SPINNING® with JENN	BOOTCAMP with KIMM	SPINNING® with JENN	BOOTCAMP with KIMM	9:00-10:00 POUND® MELISSA
8:00AM to 9:00AM	SILVER SNEAKERS CARDIOFIT® REBEC	SILVER SNEAKERS CLASSIC® REBECCA	BALL PLUS with BARB	SILVER SNEAKERS® CARDIOFIT with KIP	SILVER SNEAKERS® CLASSIC with KIP	Basketball Court: MON/WED 10:15-10:45 EASY LINE w/ BARB and TERi
9:00AM to 10:00AM	ZUMBA TONING® with CHRISTINE	BAR STRETCH with BARBARA	ZUMBA TONING® with CHRISTINE	PUMP with MARNI		Requestball Court: TUESDAY 10:30-11:00 TAI CHI w BARBARA
10:00AM to 11:00AM	SPINNING® with REBECCA	SPINNING® with REBECCA	STRETCH STRENGTH SPIN with BARBARA	SPINNING® with REBECCA	SPINNING® with REBECCA	WEDNESDAY 9:00-10:00 YOGALATES w BARBARA
4:30PM to 5:30PM	MULTI- LEVEL YOGA with MARNI	PUMP with LAURA	MULTI- LEVEL YOGA with LAURA/BETSY	IRON YOGA with YOLANDA		
5:30PM to 6:30PM	Bootcamp (Boxing) with MEESHA	BOOTYLATES® with CHRISTINE	BARRE FIT with LAURA	STRONG® by Zumba w MELISSA		
6:30PM to 7:30PM	IRON YOGA with YOLANDA	SPIN-TONE with YOLANDA	SPIN-TONE with MEESHA			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	UPDATED January 9th 2019					
	GROUP EXERCISE ROOM					
5:15AM to 6:15AM	IRON YOGA <i>with YOLANDA</i>	STRONG® by Zumba w MELISSA	BARREFIT <i>with LAURA</i>	STRONG® by Zumba w MELISSA	GENTLE YOGA <i>with LAURA</i>	
7:00AM to 8:00AM	POUND® w MARNI	YOGA <i>with MARNI</i>	POUND® w MARNI		POUND® w MARNI	STRONG® by Zumba MELISSA
8:00AM to 9:00AM	ZUMBA® <i>with CHRISTINE</i>	PILATES <i>with LAURA</i>	STEP-LIFT <i>with LAURA</i>	ZUMBA® <i>with EDITH</i>	ZUMBA® <i>with EDITH</i>	ZUMBA® <i>with LAURA</i>
9:00AM to 10:00AM	YOGALATES <i>with BARBARA</i>	PUMP <i>with MARNI</i>	ZUMBA® <i>with EDITH</i>	PILATES <i>with LAURA</i>	STEP-LIFT <i>with LAURA</i>	MULTI- LEVEL YOGA <i>with MARNI</i>
10:00AM to 11:00AM	TAI CHI <i>with MOLLY</i>	TONE STRETCH <i>with BARBARA (30 mins.)</i>	GENTLE YOGA <i>with MARNI</i>	ZUMBA GOLD® <i>with MARNI</i>	GENTLE YOGA <i>with MARNI</i>	
11:15AM to 12:15PM	ARTHRITIS CLASS <i>with TERI</i>	10:30 11:30 ZUMBA GOLD® <i>with MARNI</i>	ARTHRITIS CLASS <i>with TERI</i>	11:00 Therapeutic Exercise <i>with Teri</i>	ARTHRITIS CLASS <i>with LAURA</i>	
2:00PM to 3:00PM	CHAIR YOGA <i>with YOLANDA</i>	SILVER SNEAKERS® YOGA <i>with KIP</i>	CHAIR YOGA <i>with YOLANDA</i>	SILVER SNEAKERS® YOGA <i>with KIP</i>		
4:30PM to 5:30PM	TOTAL ABS <i>with LAURA</i>	4:45 ZUMBA GOLD® <i>with CHRISTINE</i>	ZUMBA® <i>with EDITH</i>	4:45 ZUMBA GOLD® <i>with CHRISTINE</i>		
5:30PM to 6:30PM	ZUMBA® <i>with LAURA</i>	ZUMBA® <i>with LAURA</i>	STRONG® by Zumba <i>w MELISSA</i>	ZUMBA® <i>with EDITH</i>		
6:30PM to 7:30PM	POUND® w MARNI/KALI	POUND® w MARNI/KALI	POUND® w MARNI/KALI	BARREFIT <i>with CHRISTINE</i>		