

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>UPDATED 8/1/2025</b> <b>STRENGTH AND AGILITY ROOM</b>					
7:00am to 7:30am	<b>TAI CHI</b> <i>with BARB</i>		<b>TAI CHI</b> <i>with BARB</i>			
8:00am to 9:00am	<b>HEART HEALTH &amp; FLEXIBILITY</b> <i>with BARB</i>		<b>CHAIR YOGA</b> <i>with BARB</i>			
9:00am to 10:00am	9:30am – 10:30am <b>MULTIFUNCTIONAL</b> <i>with LAURA</i>		9:30am – 10:30am <b>MULTIFUNCTIONAL</b> <i>with LAURA</i>			
10:00am to 11:00am		<b>TONE STRETCH</b> <i>with BARB</i>				
5:30pm to 6:30pm			<b>TRX®</b> <i>with KRAMER</i>			
6:30pm to 7:30pm						

### SPINNING ROOM

6:00am to 7:00am						
7:00am to 8:00am	<b>YOGA+PILATES</b> <i>with STACY</i>		<b>STRENGTH &amp; MOBILITY</b> <i>with STACY</i>			
8:00am to 9:00am	<b>YOGA</b> <i>with MARNI</i>	<b>SILVER SNEAKERS</b> <i>with BARB</i>	<b>YOGA</b> <i>with MARNI</i>	<b>YOGA/SCULPT</b> <i>with LAURA</i>		
9:00am to 10:00am	<b>STEP/ SCULPT</b> <i>with CHRISTINE</i>	<b>BAR STRETCH</b> <i>with BARB</i>	<b>STEP &amp; SCULPT</b> <i>with CHRISTINE</i>		<b>STEP/SCULPT</b> <i>with CHRISTINE</i>	<b>BEGINNER YOGA</b> <i>with CASSIE</i>
10:00am to 11:00am	<b>SS STRENGTH/CARDIO</b> <i>with BARB</i>	<b>CYCLE</b> <i>with SUSAN</i>	<b>LINE DANCE</b> <i>with BARB</i>	<b>CYCLE</b> <i>with SUSAN</i>		
5:30pm to 6:30pm	<b>RESISTANCE BANDS/STRENGTH &amp; CARDIO</b> <i>with KRAMER</i>	<b>CYCLE</b> <i>with SUSAN</i>		<b>H.I.I.T/MOBILITY</b> <i>with CASSIE</i>		
6:30pm to 730pm	<b>STRENGTH/CORE YOGA</b> <i>with KRAMER</i>					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>GROUP EXERCISE ROOM</b>					
5:15am to 6:15am	<b>POUND</b> <i>with MELISSA</i>	<b>STRONG NATION</b> <i>with MELISSA</i>	<b>CARDIO KICKBOXING</b> <i>with MELISSA</i>	<b>STRONG NATION</b> <i>with MELISSA</i>	5:15-6:15 <b>STRENGTH/TONING</b> <i>with MELISSA</i> 6:15-7 <b>POUND</b> <i>with MELISSA</i>	
7:00am to 8:00am	<b>BODY PUMP</b> <i>with LAURA</i>	<b>FULL BODY TONING</b> <i>with CHRISTINE</i>	<b>BARRE</b> <i>with LAURA</i>	<b>FULL BODY TONING</b> <i>with CHRISTINE</i>	<b>CARDIO KICKBOXING</b> <i>with LAURA</i>	<b>CARDIO KICKBOXING</b> <i>with MELISSA</i>
8:00am to 9:00am	<b>CARDIO KICKBOXING</b> <i>with LAURA</i>	<b>ZUMBA</b> <i>with CHRISTINE</i>	<b>CARDIO KICKBOXING</b> <i>with LAURA</i>	<b>ZUMBA</b> <i>with CHRISTINE</i>	<b>VINYASA YOGA FLOW</b> <i>with LAURA</i>	<b>ZUMBA</b> <i>with LAURA</i>
9:00am to 10:00am	<b>ZUMBA</b> <i>with EDITH</i>	<b>ZUMBA TONE ®</b> <i>with CHRISTINE</i>	<b>ZUMBA</b> <i>with EDITH</i>	<b>ZUMBA TONE ®</b> <i>with CHRISTINE</i>	<b>ZUMBA</b> <i>with EDITH</i>	<b>SLOW VINYASA YOGA</b> <i>with LAURA</i>
10:00am to 11:00am	<b>YIN &amp; RESTORE YOGA</b> <i>with MARNI</i>	<b>PILATES &amp; YOGA STRETCH</b> <i>with CHRISTINE</i>	<b>YIN &amp; RESTORE YOGA</b> <i>with MARNI</i>	<b>PILATES &amp; YOGA STRETCH</b> <i>with CHRISTINE</i>	<b>YIN &amp; RESTORE YOGA</b> <i>with STACY</i>	Racquetball Court: <u>Mon &amp; Wed</u> <u>9am – 10am</u>  <b>EASY BOOTCAMP</b> <i>with BARB</i>
11:15am to 12:15pm	<b>ARTHRITIS CLASS</b> <i>with LAURA</i>	<b>EASY CARDIO STRETCH</b> <i>with LAURA</i>	<b>MOVIN &amp; GROOVIN</b> <i>with BARB</i>	<b>EASY CARDIO STRETCH</b> <i>with LAURA</i>	<b>ARTHRITIS CLASS</b> <i>with LAURA</i>	
5:30pm to 6:30pm	<b>ZUMBA</b> <i>with EDITH</i>	<b>ZUMBA</b> <i>with EDITH</i>	<b>ZUMBA</b> <i>with EDITH</i>	<b>ZUMBA</b> <i>with EDITH</i>		
6:30pm to 7:30pm				<b>BEGINNER YOGA</b> <i>with CASSIE</i>		

<b>CROSSFIT ROOM</b>						
7:00am to 8:00am		<b>ROW</b> <i>CROSSFIT COACH</i>			<b>ROW</b> <i>CROSSFIT COACH</i>	
9:00am to 10:00 am	<b>MULTI LEVEL BOOTCAMP</b> <i>with MARNI</i>	9:30am – 10:30am MULTIFUNCTIONAL <i>with LAURA</i>	<b>BOOTCAMP (Tone/Core)</b> <i>with MARNI</i>	9:30am – 10:30am MULTIFUNCTIONAL <i>with LAURA</i>	<b>BOOTCAMP</b> <i>with STACY</i>	
5:00pm to 6:00pm			<b>ROW</b> <i>CROSSFIT COACH</i>			