

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div> <div>UPDATED</div> <div>12/28/2023</div> </div> <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>STEP-LIFT</b> <i>with BARB</i>		<u>8am-8:30am</u> <b>CROSS TRAIN</b> <i>with BARB</i>			
8:30am to 9:45am	<b>SUNS OUT GUNS OUT</b> <i>with KRISTEN PAVILION</i>	<b>BUTTS AND GUTS</b> <i>with KRISTEN</i>	<b>SUNS OUT GUNS OUT</b> <i>with KRISTEN PAVILION</i>	<b>BUTTS AND GUTS</b> <i>with KRISTEN</i>		
9:00am to 10:00am	<b>MULTI LEVEL BOOTCAMP</b> <i>with MARNI</i>		<b>BOOTCAMP (Tone/Core)</b> <i>with MARNI</i>		<b>MULTI LEVEL BOOTCAMP</b> <i>with MARNI</i>	
10:00am to 11:00am		<b>TONE STRETCH</b> with <i>BARB (45 Mins.)</i>				
5:30pm to 6:30pm	<b>CIRCUIT CONDITIONING</b> <i>with HANNAH</i>	<b>CIRCUIT CONDITIONING</b> <i>with HANNAH</i>	<b>TRX®</b> <i>with KRAMER</i>	<b>CIRCUIT CONDITIONING</b> <i>with HANNAH</i>		
	<b>SPINNING ROOM</b>					
5:15am to 6:15am						
6:00am to 7:00am	<b>STRENGTH &amp; CONDITIONING</b> <i>with STACY</i>		<b>STRENGTH &amp; CONDITIONING</b> <i>with STACY</i>		<b>STRENGTH/CONDITIONING</b> <i>with STACY</i>	
7:00am to 8:00am	<b>PILATES</b> <i>with STACY</i>		<b>POWER YOGA</b> <i>with STACY</i>		<b>PILATES</b> <i>with STACY</i>	
8:00am to 9:00am	<b>VINYASA</b> <i>with MARNI</i>	<b>SILVER SNEAKERS</b> <i>with BARB</i>	<b>VINYASA</b> <i>with MARNI</i>		<b>SENIOR FITNESS</b> <i>with CHRISTINE</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>STRENGTH TRAINING</b> <i>with CHRISTINE</i>	
10:00am to 11:00am	<b>SS STRENGTH/CARDIO</b> <i>with BARB</i>		<b>SPIN / LINE DANCE</b> <i>with BARB</i>			
5:30pm to 6:30pm	<b>RESISTANCE BANDS/STRENGTH &amp; CARDIO</b> <i>with KRAMER</i>		<b>YOGA FOUNDATION / GENTLE FLOW</b> <i>with BRIE</i>	<b>VINYASA / POWER FLOW</b> <i>with BRIE</i>		
6:30pm to 730pm	<b>STRENGTH/CORE YOGA</b> <i>with KRAMER</i>					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	GROUP EXERCISE ROOM					
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>TONING/BOOTYLATES</b> <i>with CHRISTINE</i>	<b>BARRE</b> <i>with LAURA</i>	<b>TONING/BOOTYLATES</b> <i>with CHRISTINE</i>	<b>ZUMBA</b> <i>with CHRISTINE</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>YOGA</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>VINYASA and YEN YOGA</b> <i>with LAURA</i>
10:00am to 11:00am	<b>YEN &amp; RESTORE YOGA</b> <i>with MARNI</i>	<b>PIYO</b> <i>with CHRISTINE</i>	<b>YEN &amp; RESTORE YOGA</b> <i>with MARNI</i>	<b>PIYO</b> <i>with CHRISTINE</i>	<b>YEN &amp; RESTORE YOGA</b> <i>with MARNI</i>	Racquetball Court: <u>MON. / WED</u> 9:00-10:00 YOGALATES w BARB
11:15am to 12:15pm	<b>ARTHRITIS CLASS</b> <i>with LAURA</i>	<b>EASY CARDIO STRETCH</b> <i>with LAURA</i>	<b>ARTHRITIS CLASS</b> <i>with BARB</i>	<b>EASY CARDIO STRETCH</b> <i>with LAURA</i>	<b>ARTHRITIS CLASS</b> <i>with LAURA</i>	
1:00pm to 2:00pm						
2:00pm to 3:00pm						
4:30pm to 5:30pm						
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						