

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

SPINNING ROOM

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

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

CROSSFIT ROOM						
7:00am to 8:00am		ROW <i>CROSSFIT COACH</i>			ROW <i>CROSSFIT COACH</i>	
9:00am to 10:00 am	MULTI LEVEL BOOTCAMP <i>with MARNI</i>		BOOTCAMP (Tone/Core) <i>with MARNI</i>		BOOTCAMP <i>with STACY</i>	