

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
UPDATED April 2019 STRENGTH AND AGILITY ROOM							
5:15 to 6:15	BOOTCAMP <i>with KIMM</i>	7:00 - 7:30 TAI CHI <i>with BARBARA</i>	BOOTCAMP <i>with KIMM</i>		BOOTCAMP <i>with KIMM</i>		
8:00 to 9:00	STEP-LIFT <i>with BARB</i>	CARDIO PLUS <i>with BARB</i>	SILVER SNEAKERS® YOGA <i>with YOLANDA</i>	VINYASA YOGA <i>with MARNI</i>	STRONG® by Zumba <i>w MELISSA</i>	TRX® <i>with MELISSA</i>	
9:00 to 10:00	BOOTCAMP <i>with KIMM</i>	BOOTCAMP <i>with KIMM</i>	BOOTCAMP (Tone/Core) <i>KIMM</i>	BOOTCAMP <i>with KIMM</i>	BEGINNING BOOTCAMP / MARNI		
10:00 to 11:00	BEGINNING BOOTCAMP / MARNI		BOOTYLATES® <i>with CHRISTINE</i>				
2:00 to 3:00		Silver sneakers BOOM MUSCLE® <i>with YOLANDA</i>					
5:30 to 6:30	ACRO YOGA MARNI -YOLANDA	Bootcamp (Lift-Yoga) <i>w. YOLANDA</i>	TRX® <i>with KRAMER</i>	BOOTYLATES® <i>with CHRISTINE</i>			
6:30 to 7:30				HIIT <i>with JACOB **</i>	HIIT <i>with JACOB **</i>		
SPINNING ROOM							
5:15 to 6:15	BOOTCAMP <i>with KIMM</i>	SPINNING® <i>with JENN</i>	BOOTCAMP <i>with KIMM</i>	SPINNING® <i>with JENN</i>	BOOTCAMP <i>with KIMM</i>		9:00-10:00 POUND® MELISSA
8:00 to 9:00	SILVER SNEAKERS CARDIOFIT® REBEC	SILVER SNEAKERS CLASSIC® REBECCA	BALL PLUS <i>with BARB</i>	SILVER SNEAKERS® CARDIOFIT with KIP	SILVER SNEAKERS® CLASSIC with KIP	Basketball Court: MON/WED 10:15-10:45 EASY LINE BARB and TERI Racquetball Court: TUESDAY 10:30-11:00 TAI CHI BARBARA WEDNESDAY 9:00-10:00 YOGALATES BARBARA	
9:00 to 10:00	ZUMBA TONING® <i>with CHRISTINE</i>	BAR STRETCH <i>with BARBARA</i>	ZUMBA TONING® <i>with CHRISTINE</i>	PUMP <i>with MARNI</i>			
10:00 to 11:00	SPINNING® <i>with REBECCA</i>	SPINNING® <i>with REBECCA</i>	STRETCH STRENGTH SPIN <i>with BARBARA</i>	SPINNING® <i>with REBECCA</i>	SPINNING® <i>with REBECCA</i>		
4:30 to 5:30	VINYASA YOGA <i>with MARNI</i>	PUMP <i>with LAURA</i>	VINYASA YOGA <i>with LAURA</i>	IRON YOGA <i>with YOLANDA</i>			
5:30 to 6:30	Bootcamp (Boxing) <i>with MEESHA</i>	BOOTYLATES® <i>with CHRISTINE</i>	BARRE FIT <i>with LAURA</i>	STRONG® by Zumba <i>w MELISSA</i>			
6:30 to 7:30	SPIN-TONE <i>with YOLANDA</i>	IRON YOGA <i>with YOLANDA</i>	SPIN-TONE <i>with YOLANDA</i>				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	GROUP EXERCISE ROOM					
5:15 to 6:15		STRONG® by Zumba w MELISSA	BARREFIT <i>with</i> LAURA	STRONG® by Zumba w MELISSA	<u>5:30 – 6:30</u> VINYASA YOGA <i>with</i> LAURA	
7:00 to 8:00	POUND® w KALI	BEGINNER VINYASA <i>with</i> MARNI	POUND® w KALI		POUND® w KALI	STRONG® by Zumba MELISSA
8:00 to 9:00	SPINNING® <i>with</i> MEESHA Outside Pavillion					
8:00 to 9:00	ZUMBA® <i>with</i> CHRISTINE	PILATES <i>with</i> LAURA	STEP-LIFT <i>with</i> LAURA	ZUMBA® <i>with</i> EDITH	ZUMBA® <i>with</i> EDITH	ZUMBA® <i>with</i> LAURA
9:00 to 10:00	YOGALATES <i>with</i> BARBARA	PUMP <i>with</i> MARNI	ZUMBA® <i>with</i> EDITH	PILATES <i>with</i> LAURA	STEP-LIFT <i>with</i> LAURA	VINYASA YOGA <i>with</i> MARNI
10:00 to 11:00	TAI CHI <i>with</i> MOLLY	TONE STRETCH <i>with</i> BARBARA (<u>30 mins.</u>)	YIN & RESTORE YOGA <i>with</i> MARNI	ZUMBA GOLD® <i>with</i> MARNI	YIN & RESTORE YOGA <i>with</i> MARNI	<u>SUNDAY</u> 7:00AM to 8:00AM HIIT <i>with</i> JACOB** ** All HIIT classes start <u>April 11th</u>
11:15 to 12:15	ARTHRITIS CLASS <i>with</i> TERI	10:30 11:30 ZUMBA GOLD® <i>with</i> MARNI	ARTHRITIS CLASS <i>with</i> TERI	11:00 to 12:00 THERAPEUTIC EXERCISE <i>with</i> Teri	ARTHRITIS CLASS <i>with</i> LAURA	
2:00 to 3:00	Silver sneakers BOOM MOVE® <i>with</i> YOLANDA	SILVER SNEAKERS® YOGA <i>with</i> KIP	Silver sneakers BOOM MOVE® <i>with</i> YOLANDA	SILVER SNEAKERS® YOGA <i>with</i> KIP		
4:30 to 5:30	TOTAL ABS <i>with</i> LAURA	<u>4:45</u> ZUMBA GOLD® <i>with</i> CHRISTINE	ZUMBA® <i>with</i> EDITH	<u>4:45</u> ZUMBA GOLD® <i>with</i> CHRISTINE		
5:30 to 6:30	ZUMBA® <i>with</i> LAURA	ZUMBA® <i>with</i> LAURA	STRONG® by Zumba w MELISSA	ZUMBA® <i>with</i> EDITH		
6:30 to 7:30	POUND® w KALI	POUND® w KALI	POUND® w KALI	ZUMBA TONING® <i>with</i> CHRISTINE		

