

|                | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY |
|----------------|---|---|---|---|--|----------|
|                | <b>UPDATED 09/28/2022 STRENGTH AND AGILITY ROOM</b> |   |   |   |  |          |
| 5:15 to 6:15   |   |   |   |   |  |          |
| 7:00 to 7:30   | <b>TAI CHI</b><br><i>with BARB</i>                  |   | <b>TAI CHI</b><br><i>with BARB</i>                |   |  |          |
| 8:00 to 9:00   | <b>STEP-LIFT</b><br><i>with BARB</i>                |   | <b>8am-8:30am CROSS TRAIN</b><br><i>with BARB</i> |   |  |          |
| 9:00 to 10:00  | <b>MULTI LEVEL BOOTCAMP</b><br><i>with MARNI</i>    | <b>BOOTCAMP</b><br><i>with KRISTEN</i>              | <b>BOOTCAMP (Tone/Core)</b><br><i>with MARNI</i>  | <b>BOOTCAMP</b><br><i>with KRISTEN</i>            | <b>MULTI LEVEL BOOTCAMP</b><br><i>with MARNI</i> |          |
| 10:00 to 11:00 |   |   |   |   |  |          |
| 11:00 to 12:00 |   |   |   |   |  |          |
| 5:30 to 6:30   | <b>CIRCUIT CONDITIONING</b><br><i>with HANNAH</i>   | <b>CIRCUIT CONDITIONING</b><br><i>with HANNAH</i>   | <b>TRX®</b><br><i>with KRAMER</i>                 | <b>CIRCUIT CONDITIONING</b><br><i>with HANNAH</i> |  |          |
|                | <b>SPINNING ROOM</b>                                |   |   |   |  |          |
| 5:15 to 6:15   | <b>SPINNING®</b><br><i>with JENN</i>                |   | <b>SPINNING®</b><br><i>with JENN</i>              |   | <b>SPINNING®</b><br><i>with JENN</i>             |          |
| 8:00 to 9:00   | <b>VINYASA</b><br><i>with MARNI</i>                 | <b>SILVER SNEAKERS</b><br><i>with BARB</i>          | <b>VINYASA</b><br><i>with MARNI</i>               |   | <b>SENIOR FITNESS</b><br><i>with YOLANDA</i>     |          |
| 9:00 to 10:00  | <b>STEP/ SCULPT</b><br><i>with CHRISTINE</i>        | <b>BAR STRETCH</b><br><i>with BARB</i>              | <b>STEP &amp; SCULPT</b><br><i>with YOLANDA</i>   | <b>STEP</b><br><i>with YOLANDA</i>                | <b>STRENGTH TRAINING</b><br><i>with YOLANDA</i>  |          |
| 10:00 to 11:00 | <b>SS STRENGTH/CARDIO</b><br><i>with BARB</i>       | <b>STONE STRETCH</b> with<br><i>BARB (45 Mins.)</i> | <b>STRETCH STRENGTH SPIN</b><br><i>with BARB</i>  |   | <b>10am-10:45am CYCLE</b><br><i>with KRISTEN</i> |          |
| 5:30 to 6:30   | <b>BOXING</b><br><i>with KRAMER</i>                 |   |   |   |  |          |
| 6:30 to 7:15   | <b>FLOW &amp; CORE YOGA</b><br><i>with KRAMER</i>   |   |   |   |  |          |

|                | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|----------------|--|--|--|---|---|--|
|                | <b>GROUP EXERCISE ROOM</b>                         |  |  |   |   |  |
| 5:15 to 6:15   | <b>POUND</b><br><i>with MELISSA</i>                | <b>STRONG NATION</b><br><i>with MELISSA</i>                        | <b>CARDIO KICKBOXING</b><br><i>with MELISSA</i>    | <b>STRONG NATION</b><br><i>with MELISSA</i>       | 5:15-6:15 <b>CARDIO KICKBOXING</b><br><i>with MELISSA</i><br><br>6:15-7 <b>POUND</b><br><i>with MELISSA</i> |  |
| 7:00 to 8:00   | <b>PUMP/CORE</b><br><i>with LAURA</i>              | <b>TONING/BOOTYLATES</b><br><i>with CHRISTINE</i>                  | <b>BARRE</b><br><i>with LAURA</i>                  | <b>TONING/BOOTYLATES</b><br><i>with CHRISTINE</i> | <b>ZUMBA</b><br><i>with LAURA</i>   | <b>CARDIO KICKBOXING</b><br><i>with MELISSA</i>  |
| 8:00 to 9:00   | <b>CARDIO KICKBOXING</b><br><i>with LAURA</i>      | <b>ZUMBA</b><br><i>with CHRISTINE</i>                              | <b>CARDIO KICKBOXING</b><br><i>with LAURA</i>      | <b>ZUMBA</b><br><i>with CHRISTINE</i>             | <b>YOGA</b><br><i>with LAURA</i>  | <b>ZUMBA</b><br><i>with LAURA</i>  |
| 9:00 to 10:00  | <b>ZUMBA</b><br><i>with EDITH</i>                  | <b>ZUMBA TONE ®</b><br><i>with CHRISTINE</i>                       | <b>ZUMBA</b><br><i>with EDITH</i>                  | <b>ZUMBA TONE ®</b><br><i>with CHRISTINE</i>      | <b>ZUMBA</b><br><i>with EDITH</i>   | <b>VINYASA and YEN YOGA</b><br><i>with LAURA</i>   |
| 10:00 to 11:00 | <b>YEN &amp; RESTORE YOGA</b><br><i>with MARNI</i> | <b>CARDIO&amp;STRENGTH</b><br><i>with YOLANDA</i>                  | <b>YEN &amp; RESTORE YOGA</b><br><i>with MARNI</i> |   | <b>YEN &amp; RESTORE YOGA</b><br><i>with MARNI</i>  |  |
| 11:15 to 12:15 | <b>ARTHRITIS CLASS</b><br><i>with LAURA</i>        | <b>11:00 – 12:00 CHAIR STRETCH/STRENGTH</b><br><i>with YOLANDA</i> | <b>ARTHRITIS CLASS</b><br><i>with YOLANDA</i>      | <b>ARTHRITIS CLASS</b><br><i>with YOLANDA</i>     |   | <i>Racquetball Court:</i><br><b>MONDAY</b><br>9:00-10:00<br>YOGALATES w <i>BARB</i><br><br><b>WEDNESDAY</b><br>9:00-10:00<br>YOGALATES w <i>BARB</i> |
| 1:00 to 2:00   |  |  |  |   |   |  |
| 2:00 to 3:00   |  |  |  |   |   |  |
| 4:30 to 5:30   |  |  |  |   |   |  |
| 5:30 to 6:30   | <b>ZUMBA</b><br><i>with EDITH</i>                  | <b>ZUMBA</b><br><i>with EDITH</i>                                  | <b>ZUMBA</b><br><i>with EDITH</i>                  | <b>ZUMBA</b><br><i>with EDITH</i>                 |   |  |
| 6:30 to 7:30   |  |  |  |   |   |  |

