

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 am Gentle Yoga	5:45 am HIIT w/ Robin *30 Minutes	5:45 am HIIT w/ Robin *30 Minutes (Synrgy)	5:45 am HIIT w/ Robin *30 Minutes	5:45 am HIIT w/ Robin *30 Minutes (Track)	5:45 am HIIT w/ Robin *30 Minutes	8:00 am Dynamic Duo w/ Peggy
10:30 am MEDITATION	5:45am GO Fit Boot Camp (Track)	6:45 am Sunrise Yoga (Party Room)	5:45am GO Fit Boot Camp (Track)	6:45 am Sunrise Yoga (Party Room)	5:45am GO Fit Boot Camp (Track)	8:30am Insanity w/ Ron (Track) NEW
	6:00 am Spinning w/ Ted *Participant Card Req'd	8:30 am Zumba GOLD w/ Cookie	6:00 am Spinning w/ Dave *Participant Card Req'd	9:00 am Cardio Interval w/ Jeanelle	6:00 am Spinning w/ Jeff *Participant Card Req'd	9:15 am Simple Stretch w/ Peggy
	6:45 am Sunrise Yoga (Party room)	9:30 am Inferno Interval (Track) w/ Dionne *30 minutes	6:45 am Sunrise Yoga (Party Room)	9:30 am Inferno Interval (Track) w/ Dionne *30 minutes	6:45 am Sunrise Yoga (Party Room)	9:30 am Ultimate Cardio/Core (Track) w/ Dwayne/Deborah
	9:30 am Battle Plan Boot Camp w/ Jon (Track)	9:30 am Strength & Step w/ Jan	8:30 am Zumba GOLD w/ Cookie	9:45 am Spinning w/ John *Participant Card Req'd	8:30 am Zumba GOLD w/ Cookie (Fitness Room)	9:45 am Spinning w/John *Participant Card Req'd
	10:45 am Beginner's Yoga	9:45 am Spinning w/ Jenny *Participant Card Req'd	8:45 am Power Circuit w/ Peggy	10:45 am Intermediate Yoga	9:15 am Back and Core Strong w/ Jon (Track)	10:15am Ultimate Strength (Track) w/ Dwayne/Deborah
	11:15 am HIIT w/ Robin (Track) *30 minutes	10:45 am Deep Stretch Flow Yoga	9:30 am Total Tabata w/ Peggy	5:15 pm Back and Core Strong w/ Jon (Fitness Room)	9:30 am Body Fit w/ Jeanelle	10:30 am MEDITATION
	5:30 pm Kickboxing w/ Dwayne *45 minutes	5:30 pm Power Burn w/ Dwayne Court #3	9:30 am Battle Plan Boot Camp w/Jon (Track)	5:30 pm Boot Camp w/ Dwayne (Track)	9:45 am Spinning w/Jenny *Participant Card Req'd	
	5:30 pm HIIT w/Robin (Track) *30 minute class	5:30pm Barre Interval w/ Kayla (Fitness Room)	11 am Beginner's Yoga	5:30pm Yogalates w/ Ann (Party Room)	10:45 am Beginner's Yoga	
	6:15pm Cross Fitness w/ Jon (Track)	6:15 pm Spinning w/ Dave *Participant Card Req'd	12:15 pm Spinning w/ John *Participant Card Req'd	6:15 pm Spinning w/ Dave *Participant Card Req'd		
	6:30 pm ZUMBA w/ Cookie	6:45 pm Sunset Yoga (Party Room)	5:30 pm Kickboxing w/ Dwayne *45 minutes	6:15 pm Step Interval w/ Peggy		
	6:45pm Beginner Yoga (Party Room)		6:15 pm Spinning w/John *Participant Card Req'd	6:45 pm Wellness Yoga (Party Room)		
			6:30 pm TRX Boot Camp w/ Jon (Track)			
			6:30 pm ZUMBA w/ Cookie			
			6:45 pm Relaxation Yoga (Party Room)			



OCTOBER

Aqua Fitness

MONDAY	9:00 am Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/Sharon	10:30 am Aqua Lite w/Sharon	6 pm Hydro Fitness w/Lori
TUESDAY	8:30am Deep Water Workout w/Paula	11:00am Aqua Flex w/Nancy	6:45pm Aqua DIVA & Stretch w/Thia *45 minute class	
WEDNESDAY	9:00 am Aqua Challenge w/ Sharon *30 Minute Class*	9:30 am Water Works w/Sharon	10:30 am Aqua Lite w/Sharon	6:30pm Water Workout w/ Paula
THURSDAY	8:30am Deep Water Workout w/Paula	11:00am Aqua Flex w/Nancy	12:00pm Silver Splash w/Ann	6:45 pm Aqua DIVA & Stretch w/Thia *45 minute class
FRIDAY	8:30 am Deep Water Challenge w/Paula	9:15am Gentle Water w/ Paula	11:00am Aqua Flex w/Nancy	
SATURDAY	8:30 am Hydro Fitness w/Lori	12:15pm Aqua Diva & Stretch w/Thia *45 Minute Class		



Silver Sneakers

MONDAY	9:45 am SS Circuit w/ Dionne	12:00 pm SS Classic w/ Dionne		
TUESDAY	10:15 am SS Classic w/ Dionne	11:45 am SS Chair Yoga w/ Pushpa (Fit Room)		
WEDNESDAY	9:45 am SS Circuit w/ Dionne	12 pm SS Chair Yoga w/ Pushpa (Fit Room)	1:00 pm SS Classic w/Dionne	
THURSDAY	10:15 am SS Classic w/ Dionne	11:45 am SS Chair Yoga w/ Pushpa (Fit Room)	12:00pm Silver Splash w/ Ann	
FRIDAY	9:00 am SS Circuit w/ Dionne	10:00 am SS Circuit w/ Marlene	11:45 am SS Chair Yoga w/ Pushpa (Fit Room)	1:00 pm SS Classic w/Dionne

