

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		
FITNESS ROOM	6:30AM		SPIN & STRENGTH/LEEANNE	CORE GALORE/MADIBA-MYLENE		TOTAL BODY/JEANINE		PILATES W/PROPS /MADIBA-MYLENE		SPIN & TONE/JEANINE				
	7:30AM		BARRE CONCEPTS/JEANINE	^TOTAL BODY WITH A BALL /JEANINE		BARRE CONCEPTS/JEANINE		TOTAL BODY/JEANINE		BARRE CONCEPTS/JEANINE		^CARDIO,CORE & MORE/LEEANNE		
	8:30AM	^YIN YOGA/KATIE A	SPIN & STRENGTH/LEEANNE	HIIT/KATIE P		SPIN & STRENGTH/LEEANNE		HIIT/KATIE P		^SIT & BE FIT/LEEANNE		^STRENGTH & TONE /LEEANNE		
	9:30AM		^SIT & BE FIT/MICHAEL	^BODY BALANCE STRETCH/CHRIS		^LINE DANCE/SHERI		^SIT & BE FIT/LEEANNE		SPIN & STRENGTH/LEEANNE		^YOGA STRETCH /LEEANNE		
	10:30AM	^ZUMBA GOLD/ROBBIN	^CHAIR YOGA/ROZALI	^BEGINNER LINE DANCE/SHERI		^POWERTONE/SHERI		^POWERTONE/SHERI		LINE DANCE/ROZALI				
	11:30AM	^SILVER SNEAKERS YOGA /LAUREN	^BEGINNER LINE DANCE /ROZALI	^QIGONG/RICK		^CHAIR YOGA/ROZALI		UNAVAILABLE		INTERMEDIATE LINE DANCE /ROZALI				
	12:30PM		TAI CHI 108/RICK	^BASIC STEP AEROBIC/VIOLET		TAI CHI 108/RICK		UNAVAILABLE						
	1:30PM		^TAI CHI/RICK	^BASIC TAI CHI/VIOLET		^TAI CHI/RICK		^CHI KUNG/VIOLET		UNAVAILABLE				
	2:30PM			^SIT & BE FIT/VIOLET				^TAI CHI/VIOLET		UNAVAILABLE				
	3:30PM		^LINE DANCE/ROZALI	^ZUMBA/LAUREN		^LINE DANCE/ROZALI		^SILVER SNEAKERS WEIGHTS /LAUREN		UNAVAILABLE				
	4:30PM			INTERMEDIATE LINE DANCE /KAREN				INTERMEDIATE LINE DANCE /KAREN		UNAVAILABLE				
	5:00PM		TAEKWONDO/EXTRA FEE	UNAVAILABLE		TAEKWONDO/EXTRA FEE		UNAVAILABLE		UNAVAILABLE				
	5:30PM		UNAVAILABLE	^LINE DANCE/KAREN		UNAVAILABLE		^LINE DANCE/KAREN		UNAVAILABLE				
	6:00PM		TAEKWONDO/EXTRA FEE			TAEKWONDO/EXTRA FEE				UNAVAILABLE				
	POOL	9:00AM		^AQUA AEROBIC CARDIO /BONNIE	^AQUA POWER HOUR/DONNA		^AQUA/LESLIE		^AQUA AEROBIC CARDIO /BONNIE		^AQUA POWER HOUR/DONNA		^AQUA BOOT CAMP /DONNA	
10:00AM		^AQUA/VIOLET	^AQUA POWERTONE/BONNIE				^AQUA/LESLIE		^AQUA POWERTONE/BONNIE		^AQUA CARDIO/DONNA		^AQUA/BONNIE	
STUDIO	10:15AM	^YOGA FLOW/ALLI	^SILVER SNEAKERS/VERA				^SILVER SNEAKERS/VERA							
SUNSET ROOM	6:30AM	UNAVAILABLE											UNAVAILABLE	
	7:30AM	UNAVAILABLE	^YOGA STRETCH/LEEANNE				^YOGA STRETCH/LEEANNE		^YOGA STRETCH/LEEANNE		^PILATES STRETCH/LEEANNE		UNAVAILABLE	
	8:30AM	UNAVAILABLE	^YIN YOGA/KATIE A		^SLOW FLOW/KATIE A		STRETCH & ROLL /JEANINE		^PIYO/LEEANNE				UNAVAILABLE	
	9:30AM	UNAVAILABLE	CONNECT-RELEASE-EMPOWER /KATIE A		CONNECT-RELEASE-EMPOWER /KATIE A		^YIN YOGA/KATIE A		^LINE DANCE/SHERI		^YIN YOGA/SARA		UNAVAILABLE	
	10:30AM	UNAVAILABLE	^COZY YOGA/KATIE A		^YIN YOGA/KATIE A		^WALL YIN YOGA/KATIE A						UNAVAILABLE	
	11:30AM	UNAVAILABLE					INTERMEDIATE LINE DANCE /SHERI		^STRETCH&CORE/SHERI		FLOW THROUGH HATHA /NICOLE		UNAVAILABLE	