

FITNESS ROOM CLASSES

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM		SPIN & STRENGTH with LEEANNE	CORE GALORE with MADIBA or MYLENE	TOTAL BODY with JEANINE	PILATES W/PROPS with MADIBA or MYLENE	SPIN & TONE with JEANINE	
7:30AM		BARRE CONCEPTS with JEANINE	^TOTAL BODY WITH A BALL with JEANINE	BARRE CONCEPTS with JEANINE	TOTAL BODY with JEANINE	BARRE CONCEPTS with JEANINE	^CARDIO,CORE & MORE with LEEANNE
8:30AM		SPIN & STRENGTH with LEEANNE	HIIT with KATIE P	^LINE DANCE with SHERI	HIIT with KATIE P	^SIT & BE FIT with LEEANNE	^STRENGTH & TONE with LEEANNE
9:30AM		^SIT & BE FIT with MICHAEL	^BODY BALANCE STRETCH with CHRIS	SPIN & STRENGTH with LEEANNE	^SIT & BE FIT with LEEANNE	SPIN & STRENGTH with LEEANNE	^YOGA STRETCH with LEEANNE
10:30AM	^ZUMBA GOLD	^CHAIR YOGA with ROZALI	^BEGINNER LINE DANCE with SHERI	^POWERTONE with SHERI	^ DANCE FIT FUN with ROBIN	INTERMEDIATE LINE DANCE with ROZALI	
11:30AM	^SILVER SNEAKERS YOGA with LAUREN	^LINE DANCE with ROZALI	^QIGONG with RICK		UNAVAILABLE	ADVANCE LINE DANCE with ROZALI	
12:30PM		TAI CHI 108 with RICK	^BASIC STEP AEROBIC with VIOLET	TAI CHI 108 with RICK	UNAVAILABLE		
1:30PM		^BEGINNER TAI CHI with RICK	^BASIC TAI CHI with VIOLET	^BEGINNER TAI CHI with RICK	^CHI KUNG with VIOLET		
2:30PM		INTERMEDIATE LINE DANCE with ROZALI	^SIT & BE FIT with VIOLET		^TAI CHI with VIOLET		
3:30PM			^ZUMBA with LAUREN		^SILVER SNEAKERS WEIGHTS with LAUREN		
4:30PM			INTERMEDIATE LINE DANCE with KAREN		INTERMEDIATE LINE DANCE with KAREN		
5:00PM		YOUTH TAEKWONDO additional cost	UNAVAILABLE	YOUTH TAEKWONDO additional cost	UNAVAILABLE		
5:30PM		UNAVAILABLE	^LINE DANCE with KAREN	UNAVAILABLE	^LINE DANCE with KAREN		
6:00PM		YOUTH TAEKWONDO additional cost		YOUTH TAEKWONDO additional cost			

POOL, STUDIO, YOGA ROOM & SUNSET ROOM CLASSES

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
POOL	9:05AM		^AQUA AEROBIC CARDIO with BONNIE	^AQUA POWER HOUR with DONNA		^AQUA AEROBIC CARDIO with BONNIE	^AQUA POWER HOUR with DONNA	^AQUA BOOT CAMP with DONNA
	10:00AM	^AQUA with VIOLET	^AQUA POWERTONE with BONNIE			^AQUA POWERTONE with BONNIE	^AQUA CARDIO with DONNA	^AQUA with BONNIE
STUDIO	10:15AM		^SILVER SNEAKERS with VERA	^SILVER SNEAKERS with VERA	^SILVER SNEAKERS with VERA	^SILVER SNEAKERS with VERA		
YOGA ROOM	7:30AM					^YOGA STRETCH with LEEANNE	^PILATES STRETCH with LEEANNE	
	8:30AM	^YIN YOGA with KATIE A		^ DANCE FIT FUN with ROBIN	^ DANCE FIT FUN with ROBIN	^PILATES STRETCH with LEEANNE		
	9:30AM			YOGA at the WALL with SARA	^STRENGTH, BALANCE & STRETCH with ROBIN	^STRENGTH, BALANCE & STRETCH with ROBIN	^GENTLE YOGA with SARA	^GENTLE YOGA with SARA
	10:30AM	^YOGA FLOW with ALLI		ROLL IT OUT with SARA	^ COZY YOGA with KATIE A	^COZY YOGA with KATIE A	^YIN YOGA with SARA	^YIN YOGA with SARA
	11:30AM			STRETCH & CORE with SHERI	^YIN YOGA with KATIE A	^YIN YOGA with KATIE A		
	3:30PM					^GENTLE YOGA with SARA		
	4:30PM				^YOGA FLOW with ALLI	^RESTORATIVE YOGA with SARA		
SUNSET ROOM	7:30AM		^YOGA STRETCH with LEEANNE		^YOGA STRETCH with LEEANNE			
	8:30AM				^PIYO with LEEANNE			
	9:30AM				INTERMEDIATE LINE DANCE with SHERI			