

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

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