

## Group Fitness Schedule

**Open 7 Days A Week!**

Monday - Thursday ▪ 5 a.m. to 9 p.m.

Friday 5 a.m. to 8 p.m.

Saturday 8 a.m. to 5 p.m.

Sunday 1 to 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:10-5:45 (B) Spin w/Christi	5:10-5:55 (B) Spin w/Christi	5:10-5:55 (B) Spin w/Christi	5:10-5:55 (B) Spin w/Christi		
5:50-6:35 (A) Pilates TABATA w/Christi	5:55-6:35 (A) Yoga w/Christi	5:55-6:35 (A) Pilates TABATA w/Christi	5:55-6:35 (A) Foam Rolling w/Christi		
8:30-9:15 (B) TRX TABATA Bootcamp w/Kristen	8:30-10:00 (A) Cardio Mix w/Kim	8:30-10:00 (A) Cardio Interval w/Kim	8:30-10:00 (A) Cardio Mix w/Kim	8:30-9:15 (B) TRX TABATA Bootcamp w/Kristen	8:30-9:15 (B) Spin w/Melanie
8:25-9:25 (A) Power Pump w/Tiffany 9:30-10:00 (A) Pilates w/Nao	8:30-9:15 (B) Spin w/Melanie	8:30-9:15 (B) Spin w/Melanie 9:20-9:50 (B) Yoga w/Nao	8:30-9:15 (B) Spin w/Melanie	8:25-9:25 (A) Power Pump w/Tiffany 9:30-10:00 (A) Yoga w/Nao	8:45-9:30 (A) Step w/Angie 9:30-10:15 (A) Body Tone w/Angie
	10:00-10:45 (B) <b>**Silver Sneakers**</b>	10:00-10:45 (B) <b>**Silver Sneakers**</b>	10:00-10:45 (B) <b>**Silver Sneakers**</b>		10:15-10:40 (A) Foam Rolling w/Angie
10:05-10:50 (A) Low Impact w/Cynthia	10:00-11:00 (A) Yoga w/Suzie  12:00-12:45 (B) TRX TABATA Bootcamp w/Kristen	10:05-10:50 (A) Low Impact w/TBD	12:00-12:45 (B) TRX TABATA Bootcamp w/Kristen	10:05-10:50 (A) Low Impact w/Cynthia	
3:30-4:00 (A) Pound w/Jill Acosta <i>Starts Feb. 4<sup>th</sup>!</i>	3:25-4:10 (A) TABATA Bootcamp w/ Porshia	3:15-4:00 (B) TRX TABATA Bootcamp w/Kristen  3:45-4:30 (A) Barre w/Anna			
4:00-4:45 (B) Spin w/Melanie	4:15-5:15 (A) Power Yoga w/Nao		4:15-5:15 (A) Yoga w/Nao		
4:10-4:55 (A) Pilates w/Susie	4:15-5:00 (B) Spin w/Tiffany	4:10-4:55 (B) Pilates w/Susie	4:15-5:00 (B) Spin w/Tiffany		
5:00-5:25 (A) Body Blast w/Melanie	5:30-6:15 (A) Step w/Angela	5:00-5:30 (B) Pound w/Jill Acosta	5:30-6:15 (A) Step w/Angela		
5:30-6:15 (B) Spin w/Angie C.	5:30-6:00 (B) Bootcamp w/Angie		5:30-6:00 (B) Bootcamp w/Angie		
5:30-6:15 (A) Step w/Angie D.	6:00-6:45 (B) Rockin' Abs w/Angie  6:15-7:00 (A) Barre w/Anna	5:30-6:15 (A) Hip Hop Cardio w/Angie 6:15-6:40 (A) Foam Rolling w/Angie	6:00-6:45 (B) Rockin' Abs w/Angie  6:15-7:00 (A) Barre w/Anna		

Note: (A) & (B) denote class room.

### Childcare Hours

Days:

Monday to Saturday  
from 8 a.m. to 1 p.m.

Evenings:

Monday to Thursday  
from 3 to 7:30 p.m.