

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.

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

3-27-19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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			
8:25-9:25 (A) Power Pump w/Tiffany 9:30-10:00 (A) Pilates w/Nao	8:30-10:00 (A) Cardio Mix w/Kim	8:30-10:00 (A) Total Body Sculpt w/TBD	8:30-10:00 (A) Cardio Mix w/Kim	8:30-9:15 (B) TRX TABATA Bootcamp	8:30-9:15 (B) Spin w/Melanie	
	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) **Silver Sneakers**	10:00-10:45 (B) **Silver Sneakers**	10:00-10:45 (B) **Silver Sneakers**		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	10:05-10:50 (A) Low Impact w/Jill Aycock	12:00-12:45 (B) TRX TABATA Bootcamp	10:05-10:50 (A) Low Impact w/Cynthia		2:00 -2:45 PM (B) FIRST SUNDAY SPIN w/Melanie Beginning April 7 th ! Only offered on the 1 st Sunday of the month!
3:30-4:00 (A) Pound w/Jill Acosta	3:25-4:10 (A) TABATA Bootcamp w/ Porshia	3:15-4:00 (B) TRX TABATA Bootcamp 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			
5:30-6:15 (B) Spin w/Angie C.	5:30-6:15 (A) Step w/Angela 5:30-6:00 (B) Bootcamp w/Angie	5:00-5:30 (B) Pound w/Jill Acosta	5:30-6:15 (A) Step w/Angela 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			

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.