

Monday

Time	Class	Room
8:30am	Strength for Life <i>Tina</i>	1
9:30am	Step & Strength Int. <i>Beth</i>	1
9:30am	Cycling* <i>Betty</i>	CS
10:30am	Struttin' Strollers* <i>Beth</i>	2
11:00am	Hatha Yoga * <i>Colette</i>	1
12:00pm	Cycling* <i>Beth</i>	CS
5:00pm	Total Body Fitness <i>Jeremy</i>	1
5:45pm	Hatha Yoga * <i>Diane</i>	2
6:00pm	Cardioblast & Strength <i>Judi</i>	1
6:15pm	Cycling* Plus <i>Wendy</i>	CS
7:00pm	Ball Blast <i>Judi</i>	1
7:00pm	Pilates Mat* <i>Michelle</i>	2
7:30pm	Xpress Circuit <i>Judi</i>	Fitness floor

Tuesday

Time	Class	Room
6:00am	Step & Strength <i>Guy</i>	1
8:00am	Cycling Plus* <i>Adriana</i>	CS
8:30am	Cardio Frenzy <i>Betty</i>	Fitness floor
9:15am	Pilates Mat* <i>Betty</i>	1
9:30am	Cycling* <i>Adriana</i>	CS
10:15am	Boxing Bootcamp <i>Michelle</i>	1
10:15am	Balletone <i>Lisa</i>	2
11:15am	Hatha Yoga* <i>Ruth Anne</i>	1
5:30pm	20/20/20 <i>Denise</i>	1
6:30pm	Functional Fitness <i>PJ</i>	1
6:30pm	Muscles & Mountains <i>Wendy</i>	2
7:15pm	Muscles & Mountains <i>Wendy</i>	CS
7:30pm	Vinyasa Yoga Workout* <i>Dan</i>	1

Wednesday

Time	Class	Room
6:00am	Cycling* <i>Betty</i>	CS
8:00am	Cycling Plus* <i>Adriana</i>	CS
8:30am	Strength for Life <i>Tina</i>	1
9:00am	Pilates Mat*(45) <i>Judi</i>	2
9:30am	Cycling* <i>Adriana</i>	CS
10:15am	Cardio Sculpt <i>Judi</i>	1
12:00pm	Cycling* <i>Kelly</i>	CS
5:00pm	Total Body Fitness <i>Jeremy</i>	1
6:00pm	Pilates Mat* <i>Jeanna</i>	1
6:45pm	Cycling* <i>Michele G.</i>	CS
7:00pm	Awesome Abs <i>Patrick</i>	1
7:30pm	Step & BOSU <i>Beth</i>	1
7:30pm	Hatha Yoga* <i>Leslie</i>	2

Thursday

Time	Class	Room
6:00am	Step & Strength <i>Guy</i>	1
6:00am	Cycling* <i>Susan</i>	CS
8:30am	Cardio Frenzy <i>Michelle H.</i>	Fitness floor
9:15am	Plex Flex <i>Betty</i>	1
10:15am	Pilates Mat*(45) <i>Betty</i>	1
11:00am	Gentle Kripalu Yoga <i>Panna</i>	1
6:00pm	Pilates Mat* <i>Judi</i>	2
6:30pm	Muscles & Mountains <i>Wendy</i>	CS
7:15pm	Muscles & Mountains <i>Wendy</i>	2
6:30pm	Functional Fitness <i>PJ</i>	1
7:30pm	Vinyasa Yoga Workout* <i>Dan</i>	1

Friday

Time	Class	Room
6:00am	Cardioblast Interval <i>Judi</i>	1
8:30am	Strength for Life <i>Tina</i>	1
9:30am	Pilates Mat* <i>Colette</i>	1
9:30am	Cycling* <i>Wendy</i>	CS
9:30am	Struttin' Strollers <i>Beth</i>	1
10:30am	Hatha Yoga*(Int.) <i>Colette</i>	1

Saturday

Time	Class	Room
8:30am	Cycling Plus* <i>Adriana</i>	CS
8:30am	Hatha Yoga *(Int.)90 <i>Colette</i>	1
9:45am	Cycling* <i>Adriana</i>	CS
10:00am	Hi/Lo & Strength <i>Judi</i>	1
10:00am	Pilates Mat* <i>Jeanna</i>	2

Sunday

Time	Class	Room
8:30am	Cycling Plus* <i>Adriana</i>	CS
9:45am	Cycling* <i>Adriana</i>	CS
9:00am	Hatha Yoga* (90) <i>Leslie/RuthAnne</i>	1

Gray shading notes new class/
new time/ or new instructor

All classes are 55 minutes in length unless noted in their description.
Please plan to arrive to class on time (10 minutes early for Pedaling).

* Fee for Non-Members./ ** Fee for Members and Non-Members.