



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>SILVERSNEAKERS CIRCUIT 8:00 a.m.-8:50 a.m. Joe</p> <p>HIIT 9:00 a.m.-9:50 a.m. Michelle</p> <p>YOGA-ALL LEVELS* 10:00 a.m.-11:00 a.m. Michelle</p>	<p>ZUMBA 8:00 a.m.-8:50 a.m. Jean</p> <p>SILVERSNEAKERS 9:00 a.m.-9:50 a.m. Linda</p> <p>ZUMBA GOLD 10: a.m.-10:50 a.m. Linda</p>	<p>SILVERSNEAKERS 8:00 a.m.-8:50 a.m. Joe</p> <p>PILATES* 9:00 a.m.-9:50 a.m. Michelle</p> <p>YOGA LEVEL 1* 10:00 a.m.-10:50 a.m. Michelle</p>	<p>SILVERSNEAKERS STABILITY 8:00 a.m.-8:50 a.m. Joe</p> <p>BODY CIRCUIT 9:00 a.m.-9:50 a.m. Linda</p> <p>VINYASA YOGA 1 10:00 a.m.-10:50 a.m. Jennifer</p>	<p>SILVERSNEAKERS 8:00 a.m.-8:50 a.m. Joe</p> <div style="background-color: #e0e0e0; padding: 5px; text-align: center;">  BEGINNER BOOT CAMP 9:00 a.m.-10:00 a.m. Joe </div> <p>YOGA LEVEL 2* 10:00 a.m.-11:00 a.m. Jennifer</p>	<p>ZUMBA 9:00 a.m.-9:50 a.m. Patience</p> <p>BODY SHRED* 10:00 a.m.-10:50 a.m. Cindy</p> <p>BUTI YOGA* 11:00 a.m.-12:00 p.m. Jennifer</p>	<p>ZUMBA 9:00 a.m.-9:50 a.m. Jean</p> <p>20/20/20* 10:00 a.m.-11:00 a.m. Joe</p>
<p>ZUMBA* 5:00 p.m.-5:50 p.m. Jean</p> <p>BOSU 6:00 p.m.-6:50 p.m. Linda</p> <p>BUTI YOGA* 7:00 p.m.-8:00 p.m. Jennifer</p>	<p>TOTAL BODY BLAST 5:00 p.m.-5:50 p.m. Cindy</p> <p>ZUMBA 6:00 p.m.-6:50 p.m. Patience</p> <p>THE TURN UP* 7:00 p.m.-7:50 p.m. Jennifer</p>	<p>ZUMBA 5:00 p.m.-5:50 p.m. Jean</p> <p>BOLLY X 6:00 p.m.-6:50 p.m. Cindy</p> <p>YOGA LEVEL 1* 7:00 p.m.-8:00 p.m. Jennifer</p>	<p>ZUMBA 6:00 p.m.-6:50 p.m. Jean</p> <p>RESTORATIVE YOGA & MEDITATION 7:00 p.m.-8:00 p.m. Jennifer</p>	<p>ZUMBA 5:00 p.m.-5:50 p.m. Jean</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Class Location</p> <p>Floor Studio</p> <p>*Mat required for class</p> </div> <div style="background-color: #e0e0e0; padding: 5px; text-align: center;">  ENHANCED GROUP TRAINING Get the benefit of a Certified Personal Trainer in a group setting \$5 Members \$15 Guests </div>	<p style="text-align: right;">GYM</p> <p>M-F 5:00 a.m.-10:30 p.m. SA 7:00 a.m.-9:00 p.m. SU 7:00 a.m.-6:00 p.m.</p> <p>24 hour access is only available with key card.</p> <p style="text-align: right;">KIDS CORNER</p> <p>M-F 8:00 a.m.-2:00 p.m. 4:00 p.m.-8:00 p.m. SA 8:00 a.m.-2:00 p.m. SU 8:00 a.m.-2:00 p.m.</p>