



Winter 2018/2019 Class Schedule

classes are subject to change if attendance is low
 sign ups for group cycle classes are taken beginning three days in advance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:00am		Group Cycle Kelli :40		Group Cycle :40 Kelli		8:00am Group Cycle Ann
5:30-6:30am	Cardio Fusion Kelli	Group Cycle 6:05 Kelli :40		Group Cycle 6:05 Kelli :40	Body Burn Kelli	
8:30-9:30am	Aerobics/Strength Cindy	Bar & Pilates Sculpt Jen	Zumba Cindy	Abs, Glutes, Weights, Bands & Balls Katryn	20/20/20 Karen J.	8:30am *Yin & Yang Yoga Barbara
9:00-9:45am	Group Cycle Michel		Group Cycle Liz		Group Cycle Liz	
9:45-10:00am						9:00am Zumba Cindy
10:00-11:00am	Yoga Asa	Fit Bitties Jen	Yoga Ko	Use It or Lose It Karen F.	Yogalaties Cindy	
4:15-5:15pm		Mystery Mix Kelli	Cardio + Core Kelli	Straight Up Strength Karen F.		Sunday
5:30-6:15pm	Group Cycle Kelli			Group Cycle Ann		10am Zumba Jess
5:45-6:45pm			Cardio Strength Karen F.			
6:00-7:00pm	Zumba Cindy	Yoga Ko		Yogalaties Karen F.		

Regular Hours Of Operation

Monday-Thursday 5:15am-8:00pm
 Friday 5:15am-7:00pm
 Saturday 7:30am-4:00pm
 Sunday 8:30am-2:00pm

Playroom Hours

Monday-Friday 8:30am-11:00am
 * denotes classes held in upstairs studio

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