



Fitness Schedule --- WINTER 2017 --

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 AM Spinning® Cathy C. Spinning® Room	7:30-8:30 AM Body Pump Susan Aerobic Studio	6:00-7:00 AM Spinning® Cathy C. Spinning® Room	7:30-8:30 AM Body Pump Susan Aerobic Studio	6:00-7:00 AM Spinning® Cathy C. Spinning® Room	
9:30-10:30AM Pilates Danielle Dance Studio	8:45-10:00 AM Step Aerobics Susan Aerobic Studio	9:30-10:30 AM Pilates Danielle Dance Studio	8:45-10:00 AM Step Aerobics Susan Aerobic Studio		9:00-10:00 AM Spinning® Cathy G. Spinning® Room
8:30-9:00 AM SS - BOOM MOVE IT Linda Activity Center		8:30-9:00 AM SS - BOOM MUSCLE Linda Activity Center			9:30-10:30 AM Begin Boot Camp Kalyn Aerobic Room
9:00-9:30 AM SS - BOOM MIND Linda Activity Center		9:00-9:30 AM SS - BOOM MIND Linda Activity Center	9:45-10:30 AM SS SilverSpinning® Amy Spinning® Room		9:30-10:30 AM Yoga Danielle Dance Studio
9:30-10:30 AM SS Cardio Circuit Linda Activity Center	9:30-10:30 AM SS Classic Marilyn Activity Center	9:30-10:30 AM SS Cardio Circuit Linda Activity Center	9:30-10:30 AM SS Classic Marilyn Activity Center	9:30-10:30 AM SS Cardio Circuit Linda Activity Center	
9:30-10:30 AM Morning Workout Nancy B. Aerobic Room		9:30-10:30 AM Morning Workout Nancy B. Aerobic Room	10:00-10:30 AM BARRE Danielle Dance Studio	9:30-10:30 AM Morning Workout Nancy B. Aerobic Room	FLIP FOR EVENING CLASSES! 
9:45-10:30 AM SS SilverSpinning® Amy Spinning® Room	10:00-11:00 AM Yoga Danielle Aerobics Studio		10:30-11:00 AM Beginner's YOGA Danielle Dance Studio		
11:00-12:00 PM SS Senior Splash Danielle Pool		10:45-11:45 AM SS Yoga for Seniors Danielle Aerobic Room	11:00-12:00 PM SS Senior Splash Danielle Pool	11:00 AM-12:00 PM Praise Moves Tom Aerobics Studio	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:15-4:15 PM Body Pump Susan Aerobic Studio	4:30-5:30 PM Spinning® Jeff Spinning® Room		4:30-5:30 PM Spinning® Jeff Spinning® Room		
5:00-6:00 PM Zumba® Basic Lisa Dance Studio	5:30-6:00 PM BARRE Danielle Dance Studio		5:00-6:00 PM Zumba® Basic Lisa Dance Studio		
5:00-6:00 PM Spinning® Kim Spinning® Room	6:00-7:00 PM PIYO Danielle Dance Studio	5:30-6:00 PM HIIT Judy Dance Studio	6:00-7:00 PM Yoga Danielle Dance Studio	5:30-6:00 PM HIIT Judy Aerobics Studio	
5:30-6:00 PM HIIT Judy Aerobic Room	6:00-7:00 Beginner Boot Camp Kalyn Aerobic Studio	6:00-7:00 PM Better Body Boot Camp Kalyn Aerobic Room	6:00-7:00 Beginner Boot Camp Kalyn Aerobic Studio		
6:00-7:00 PM Better Body Boot Camp Kalyn Aerobic Room	6:00-7:00 PM Spinning® Cathy Spinning® Room		6:00-7:00 PM Spinning® Kim Spinning® Room		
6:30-7:30 PM Wet N Wild Trish P. Pool	7:00-8:00 PM P90X Amy Markle Aerobics Studio	6:30-7:30 PM Wet N Wild Trish P. Pool	7:00-8:00 PM P90X Amy Markle Aerobics Studio	6:30 PM Jump Rope - Closed Class Laurie W. Dance Studio	

This Schedule is subject to change as we add new classes and take other classes of the schedule.

Please check the welcome center for any updates to the monthly schedule!