



GROUP FITNESS SCHEDULES

STUDIO A

MARCH 6 – MARCH 26

*This schedule is subject to change

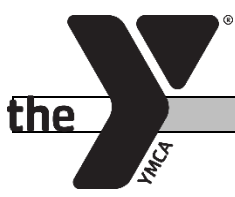
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am	Total Body Blast (2-3) Andy 5:15-6:00		Low-Impact Cardio (0) Karrie 5:15-6:00		Yoga Flow (0) Sara 5:15-6:00		
6:00-7:00am							
7:00-8:00am							
8:00-9:00am	Active Older Adult (1) Christi 8:15-9:00		Active Older Adults (1) Tianna 8:15-9:00		Active Older Adults (1) Tania 8:15-9:00		
9:00-10:00am	Low-Impact Cardio (2) Anna 9:15-10:00	Tone it Up (2) Shelly 9:15-10:00	Low-Impact Cardio (2) Erin 9:15-10:00	Tone it Up (2) Shelly 9:15-10:00	Low-Impact Cardio (2) Tania 9:15-10:00		
10:00-11:00am	SilverSneakers (1) Anna 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00	SilverSneakers (1) Anna 10:15-11:00	SilverSneakers (1) Margie 10:15-11:00		Yoga Flow (0) Sara 10:15-11:00	
11:00am-12:00pm	Stay Strong (cancer survivors) 11:30-12:15		Stay Strong (cancer survivors) 11:30-12:15				
12:00-1:00pm							
1:00-2:00pm							
2:00-3:00pm							
3:00-4:00pm							
4:00-5:00pm							
5:00-6:00pm	Dance It Off (0) Kelsey 5:30-6:15 pm		Dance It Off (0) Kelsey 5:30-6:15 pm				
6:00-7:00pm			Power Flow (0) Renee 6:30 – 7:30pm				
7:00-8:00pm							

STUDIO B

March 5 – MARCH 26

*This schedule is subject to change *TRX & Cycling require card pick up from the front desk, to reserve your spot

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am		Cycling (0) Jen 5:15-6:00		Cycling (0) Jen 5:15-6:00			
6:00-7:00am	Open Member Access 6:00-8:45	Open Member Access 6:00-9:00	Open Member Access 6:00-8:45	Open Member Access 6:00-8:45	Open Member Access 6:00-8:45		
7:00-8:00am							
8:00-9:00am							
9:00-10:00am	Small Group Training Boot Camp 2.0 9:00-9:45am *Registration Required	Tabata (1-2) Christi 9:15-10:00	Small Group Training Boot Camp 2.0 9:00-9:45am *Registration Required	*TRX (1-2) Brittany 9:00-9:45	Small Group Training Boot Camp 2.0 9:00-9:45am *Registration Required		
	Livestrong (cancer survivors) 9:50-10:20		Livestrong (cancer survivors) 9:50-10:20				
10:00-11:00am	Mobility (0) Renee 10:30-11:00	Open Member Access 10:00-12:00	Open Member Access 10:20-12:00	Open Member Access 10:00-12:00	Open Member Access 10:00-12:00		
11:00am-12:00pm	Open Member Access 11:00-12:00						
12:00-1:00pm							
1:00-2:00pm							
2:00-3:00pm							
3:00-4:00pm							
4:00-5:00pm	Open Member Access 4:00-7:30	Open Member Access 4:00-5:00	Open Member Access 4:00-5:45	Open Member Access 4:00-5:00	Open Member Access 4:00-7:30		
5:00-6:00pm		Tabata (1-2) Christi 5:15-6:00		Tabata (1-2) Christi 5:15-6:00			
6:00-7:00pm		Open Member Access 6:00-7:30pm	Cycling (0) Shelley 6:00-6:45	Open Member Access 6:00-7:30pm			
7:00-8:00pm			Open Member Access 6:45-7:30				



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