



GROUP FITNESS

STUDIO A		MAY 15 – JUNE 4					
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am	Total Body Blast Andy 5:15-6 a		Low-Impact Cardio Karrie 5:15-6 a		Yoga Flow Sara 5:15-6 a		
6:00-7:00am							
7:00-8:00am							
8:00-9:00am	Active Older Adult Christi 8:15-9 a		Active Older Adults Tianna 8:15-9 a		Active Older Adults Kathy 8:15-9 a		
9:00-10:00am	Low-Impact Cardio Anna 9:15-10 a	Tone it Up Shelly 9:15-10 a	Low-Impact Cardio Desirae 9:15-10 a	Tone it Up Shelly 9:15-10 a	Low-Impact Cardio Tania 9:15-10 a	5/27 Family Yoga Sara 9:15-10 a	
10:00-11:00am	SilverSneakers Kathy 10:15-11 a	SilverSneakers Margie 10:15-11 a	SilverSneakers Kathy 10:15-11 a	SilverSneakers Margie 10:15-11 a		Yoga Flow Sara 10:15-11 a	
11:00am-12:00pm	Stay Strong (cancer survivors) 11:30-12:15 p		Stay Strong (cancer survivors) 11:30-12:15 p				
12:00-1:00pm							
1:00-2:00pm							
2:00-3:00pm			RESERVED FOR VA USE				
3:00-4:00pm	RESERVED FOR VA USE						
4:00-5:00pm							
5:00-6:00pm	Club Dance Kelsey J 5:30-6:15 p						
6:00-7:00pm							
7:00-8:00pm			Power Flow Renee 6:30-7:15 p				

STUDIOS ARE OPEN FOR MEMBER ACCESS (16 YEARS AND UP) WHEN CLASSES ARE NOT IN SESSION, UP TO 30 MINUTES BEFORE CLOSING. **** SUBJECT TO BE CLOSED DUE TO STAFF USE ****



GROUP FITNESS

STUDIO B

MAY 15 – JUNE 4

***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 Jen 5:15-6 a		Cycling Jen 5:15-6 a					
6:00-7:00am									
7:00-8:00am									
8:00-9:00am									
9:00-10:00am	Total Body Blast Kelsey Y 9:15-10 a	Tabata Christi 9:30-10 a	Total Body Blast Kelsey Y 9:15-10 a	*TRX Brittany 9:00-9:45 a					
	Livestrong (cancer survivors) 10-10:20 a		Livestrong (cancer survivors) 10-10:20 a						
10:00-11:00am	Mobility Renee 10:30-11 a								
11:00am-12:00pm									
12:00-1:00pm									
1:00-2:00pm									
2:00-3:00pm									
3:00-4:00pm									
4:00-5:00pm									
5:00-6:00pm								Tabata Christi 5:30 - 6 p	Tabata Christi 5:30 - 6 p
6:00-7:00pm									Cycling Shelley 6:00-6:45 p
7:00-8:00pm									

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