

Group Fitness Schedule - Effective December 1st 2015













If you have any questions or comments about Group Fitness, please contact Susan Miller at susanmiller0624@yahoo.com

	MON	TUE	WED	THU	FRI	SAT	SUN
5:15am	BODYPUMP LES MILLS BODY TRAINING SYSTEMS Teri	Boot Camp Laura	rpm LES MILLS BODY TRAINING SYSTEMS Julie	BODYPUMP LES MILLS BODY TRAINING SYSTEMS Susan	GRIT SERIES LES MILLS BODY TRAINING SYSTEMS BODY FLOW Julie		
6:00am			Hard Core Julie				
7:00am Yoga Room						Therapeutic YOGA Deb	
7:30am Pool/Spin Room	Aqua Fit Chris		Aqua Fit Chris		Aqua Fit Chris	rpm LES MILLS BODY TRAINING SYSTEMS Julie	
8:00am		Full-Body Fusion Laura		Full-Body Fusion Brianna			
8:00am Yoga Room	YOGA Nancy		Gentle Stretch Yoga Nancy		YOGA Nancy		
8:30am Yoga Room						ZUMBA FACS FAMILY Javi	
8:30am Spin/GX room	rpm LES MILLS BODY TRAINING SYSTEMS Jill				rpm LES MILLS BODY TRAINING SYSTEMS Jill	BODYPUMP LES MILLS BODY TRAINING SYSTEMS EXWORX Sarah	GRIT STRENGTH LES MILLS BODYATTACK Jesse & Laura
9:15am		ZUMBA FITNESS Javi	Boot Camp Javi	GRIT SERIES LES MILLS BODY TRAINING SYSTEMS Jesse			
9:15am Yoga/Spin Room	ZUMBA FITNESS Cyndi	rpm LES MILLS BODY TRAINING SYSTEMS Melody	ZUMBA FITNESS Rebecca	Burnout 45 Spin Helena			
9:30am	BODYPUMP LES MILLS BODY TRAINING SYSTEMS Jamie				BODYPUMP LES MILLS BODY TRAINING SYSTEMS Susan	Boot Camp Liz/Javi	BODYPUMP LES MILLS BODY TRAINING SYSTEMS Susan
9:30am Yoga Room		Barre Tone Liz		Barre Tone Liz		BFitKids Liz/Javi	BFitKids Laura
10:00am				ZUMBA FITNESS Javi			
10:30am Yoga Room	PiYO Merry		Vinyasa Yoga Tiffany	Vinyasa Yoga Tiffany			
10:45am					LES MILLS BODYCOMBAT Express Merry		
10:45am Yoga Room					ZUMBA FITNESS Javi		BODY FLOW Laura F.

* All classes are subject to change without notification.

Minors must be 13 years old to attend any Group Fitness classes and must be with a parent. 16 years old without a parent

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	MON	TUE	WED	THU	FRI	SAT	SUN
3:30pm Yoga Room					Deep Relaxation Nathalie		
4:30pm	Boot Camp Laura		 Sarah				
4:30pm Yoga Room		Therapeutic YOGA Deb		Therapeutic YOGA Deb			
4:30pm Spin Room		 Julie					
5:15pm				 Laura			
5:30pm		  Laura and Sarah					
5:45pm	 Julie		 Merry	 Jesse			
6:00pm Yoga Room	Pilates Stef						
6:00pm Spin Room		Spin and Sculpt Brenda		Freestyle 60 Liz 			
6:30pm Yoga Room		Barre Tone Liz 	 Laura F.				
7:00pm	 Janelle			Yoga Brianna Yoga Room			
8:00pm Yoga Room		Deep Relaxation Nathalie					

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CLUB HOURS

Mon-Thu	5:00AM - 10:00PM
Fri	5:00AM - 8:00PM
Sat	6:00AM - 7:00PM
Sun	7:00AM - 6:00PM

KIDS CLUB HOURS

Mon-Fri	8:00am - 1:00pm 4:00pm - 8:00pm
Sat	8:00am - 1:00pm
Sun	8:00am - 12:00pm

Infant CareAges: 3 Months to 18 months
Time Limit: 2 HoursWe encourage a 3 day in advance
reservation for infant care.