

Group Fitness Schedule - Effective September 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	Boot Camp Laura	IPIN	BODYPUMP. LES MILLS BODY TRAINING SYSTEMS	GRIT SERIES BODY FLOW		
	Helena		Julie	Susan	Julie		
6:00am			Hard Core Julie				
7:00am Yoga Room						Therapeutic YOGA Deb	
7:30am Pool/Spin Room	Aqua Fit Chris				Aqua Fit Chris	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						SZVMBA FAMILY Javi	
8:30am Spin/GX room	SS MALE BOOF TRANSPORT CYCENS				US MALO BOOF TRANSPORT STREET	BOOYPUMP Sarah	GRIT STRENGTH LESMILLS BODYATTACK® Jesse and Laura
9:15am		SZVMBA TINESS	Boot Camp Javi	GRIT SERIES Jesse			
9:15am	S ZVMBA HINESS	rpm	S ZVMBA AMESS	Freestyle 60	PiYO		
Yoga/Spin Room	Janine	Melody	Janine	Liz	Merry		
9:30am	BODYPUMP. LES MILLS BODY FRANKING SYSTEMS				BODYPUMP LES MILLS BODY TRAINING SYSTEMS	Boot Camp Laura	BODYPUMP LES MALE BODY TRAINING EVETTAMS
	Jamie				Susan		Susan
9:30am Yoga Room						BFitKids Brianna	BFitKids Laura
10:00am				→ ZVMBA* FINEST Javi			
10:30am Yoga Room	PiYO Suzie	Vinyasa Yoga Melissa		Vinyasa Yoga Melissa			
10:45am					S ZVMBA FINESS		BODY FLOW.
					Javi		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		BODYPUMP. LES MALES BOO'TRANING SYSTEMS Sarah					
4:30pm Yoga Room		Therapeutic YOGA Deb		Therapeutic YOGA Deb				
4:30pm Spin Room		Julie						
5:15pm				Laura				
5:30pm		BOOYPUMP DESCRIPTION OF THE BO						
5:45pm	BODYPUMP LIS MILLS BODY TRAINING SYSTEMS Julie		BODYCOMBAT Merry	GRIT SERIES SHAULI MENTION THAN THANK				
6:00pm Yoga Room	Crunch & Burn Stef							
6:00pm Spin Room		Spin and Sculpt Brenda		Melody				
6:30pm				S ZVMBA ANGEIS				
6:30pm Yoga Room		Restore & Renew YOGA Gloria	Laura F.					
7:00pm	Sanelle			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 9:00am - 12:00pm

Infant Care

Ages: 3 Months to 18 months
Time Limit: 2 Hours

We encourage a 3 day in advance reservation for infant care.