




























Group Fitness Schedule - Effective October 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	 Helena	Boot Camp Laura	 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						 FAMILY Javi	
8:30am Spin/GX room	 Jill				 Jill	  Sarah/Laura	 Jesse and Laura
9:15am		 Javi	Boot Camp Javi	 Jesse			
9:15am Yoga/Spin Room	 Janine	 Melody	 Kirsten	Freestyle 60 Liz 	 Merry		
9:30am	 Jamie				 Susan	Boot Camp Laura/Javi	 Susan
9:30am Yoga Room						BFitKids Laura/Javi	BFitKids Laura
10:00am				 Javi			
10:30am Yoga Room	 Suzie	Vinyasa Yoga Melissa		Vinyasa Yoga Melissa			
10:45am					 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		 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	 Robert			
6:00pm Yoga Room	Pilates Stef						
6:00pm Spin Room		Spin and Sculpt Brenda		Freestyle 60 Liz 			
6:30pm				 Angela			
6:30pm Yoga Room		Restore & Renew YOGA Gloria	 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 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.