

STUDIO 1

August 2017

*entry level class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			POWER 6:00am- 45min* Jessica				
8:30 AM						POWER 8:30am- 55min* Jeannine	POWER 8:30am- 55min* Erica
9:30 AM	POWER 9:30am- 55min* Jodi	BLAST 9:30am- 55min Michelle	groove 9:30am- 55min* Jean	STEP STRONG 9:30am- 55min Becky	groove 9:30am- 55min* Becky	fight 9:30am- 55min* Evan	BLAST 9:30am- 55min Kelly
10:30 AM	ZUMBA 10:30am -50min* Jessica	GENTLE YOGA 10:30am- 75min* Taura	ACTIVE 10:30am- 55min* Erica	CENTERGY 10:30am- 55min* Marianne	POWER 10:30am- 55min* Jodi	groove 10:30am- 55min* Jessica	MIXED YOGA 10:30am- 90min* Taura
11:30 AM			GENTLE YOGA 11:30am- 75min* Brenda D.		GENTLE YOGA 11:30am- 75min* Brenda H.	CENTERGY 11:30am- 55min* Alternate	
12:00 PM	BASICS YOGA 11:45am- 60min* Taura	fight 12:00pm- 45min* Travis		POWER 12:00pm- 45min* Travis			GENTLE YOGA 12:30pm- 75min* Taura
4:30 PM	CENTERGY 4:30pm- 55min* Erica	BLAST 4:30pm- 55min Elizabeth	BASICS YOGA 4:30pm- 55min* Taura	POWER 4:30pm- 55min* Erica	BLAST 4:30pm- 55min Abby		
5:30 PM	STEP STRONG 5:30pm- 55min Jean	ZUMBA 5:30pm- 50min* Becky	BLAST 5:30pm- 55min Kelly	ACTIVE 5:30pm- 55min* Michelle			
6:30 PM	POWER 6:30pm- 55min* Travis	POWER 6:30pm- 55min* Marianne	CENTERGY 6:30pm- 55min* Chris W.	BLAST 6:30pm- 55min Elizabeth			
7:30 PM	GENTLE YOGA 7:30pm- 75min* Brenda H.	CENTERGY 7:30pm- 55min* Chris W.					

STUDIO 1A

		MIXED YOGA 4:00pm- 90min* Virginia				BASICS YOGA 10:00am- 60min* Virginia	
		BASICS YOGA 6:00pm- 60min* Virginia		CENTERGY 5:30pm- 55min* Gina		GENTLE YOGA 11:15am- 75min* Virginia	

RIDE ROOM

August 2017

*entry level class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		GROUP RIDE 6:00am- 45min* Cathy		GROUP RIDE 6:00am- 45min* Cathy			
8:30 AM							GROUP RIDE 8:30am- 55min* Jessica/Clarence
9:30 AM	GROUP RIDE 9:30am- 55min* Clarence		GROUP RIDE 9:30am- 55min* Jodi		GROUP RIDE 9:30am- 55min* Cathy	GROUP RIDE 9:30am- 55min* Jessica	
12:00 PM		GROUP RIDE 12:00pm- 45min* Kerri/Clarence	R30 12:00pm- 30min* Danielle	GROUP RIDE 12:00pm- 45min* Jodi			
3:30 PM	R30 3:30pm- 30min* Kerri/Jess						
4:30 PM		GROUP RIDE 4:30pm- 55min* Travis		GROUP RIDE 4:30pm- 55min* Travis			
5:30 PM	GROUP RIDE 5:30pm- 55min* Bernadette		GROUP RIDE 5:30pm- 55min* Bernadette				

POOL

10:00 AM							
10:30 AM	Aqua Fitness 10:30am -55min* Barbara/Mary		Aqua Fitness 10:30am- 55min* Marianne	aqua ZUMBA 10:30am- 50min* Oksana	Aqua Fitness 10:30am- 55min* Heidi	aqua ZUMBA 10:00am- 50min* Ana	

CHILD CARE HOURS

Monday-Friday.....9am- 1pm / 4:15pm- 8pm
Saturday.....8:15am- 2pm
Sunday.....8:15am- 1pm

CLUB HOURS

Monday-Friday.....5:30am- 10:00pm
Saturday.....7:00am- 7:00pm
Sunday.....8:00am- 7:00pm

POOL HOURS

Monday-Friday.....7:00am- 9:30pm
Saturday.....8:00am- 6:30pm
Sunday.....9:00am- 6:30pm