

# STUDIO 1

## October 2017

\*entry level class

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			<b>POWER</b> 6:00am- 45min* Jessica			<b>POWER</b>	<b>POWER</b> 8:30am- 55min* Erica
9:30 AM	<b>POWER</b> 9:30am- 55min* Jodi	<b>BLAST</b> 9:30am- 55min Michelle	<b>groove</b> 9:30am- 55min* Jean	<b>STEP STRONG</b> 9:30am- 25min Becky	<b>groove</b> 9:30am- 55min* Becky	<b>fight</b> 9:30am- 55min* Evan/Sarah	<b>BLAST</b> 9:30am- 55min Kelly
10:30 AM	<b>ZUMBA</b> 10:30am -50min* Jessica	<b>GENTLE YOGA</b> 10:30am- 75min* Taura	<b>ACTIVE</b> 10:30am- 55min* Erica	<b>CENTERGY</b> 10:30am- 55min* Marianne	<b>POWER</b> 10:30am- 55min* Jodi	<b>groove</b> 10:30am- 55min* Jessica	<b>CORE</b> 10:30am- 25min* Gina
11:30 AM	<b>BASICS YOGA</b> 11:45am- 60min* Taura	<b>fight</b> 12:00pm- 45min* Travis	<b>GENTLE YOGA</b> 11:30am- 75min* Brenda D.	<b>POWER</b> 12:00pm- 45min* Travis	<b>GENTLE YOGA</b> 11:30am- 75min* Brenda H.	<b>CENTERGY</b> 11:30am- 55min* Alternate	<b>MIXED YOGA</b> 11:00am- 75min* Taura
4:30 PM	<b>CENTERGY</b> 4:30pm- 55min* Erica	<b>fight</b> 4:30pm- 25min* Evan	<b>BASICS YOGA</b> 4:30pm- 55min* Taura	<b>POWER</b> 4:30pm- 55min* Erica	<b>BLAST</b> 4:30pm- 55min Abby		<b>GENTLE YOGA</b> 12:30pm- 75min* Taura
5:30 PM	<b>CORE</b> 5:30pm- 25min* Erica	<b>ZUMBA</b> 5:30pm- 50min* Becky	<b>BLAST</b> 5:30pm- 55min Kelly	<b>ACTIVE</b> 5:30pm- 55min* Michelle	<b>POWER</b> 5:30pm- 55min* Evan		
6:30 PM	<b>POWER</b> 6:30pm- 55min* Travis	<b>POWER</b> 6:30pm- 55min* Marianne	<b>CENTERGY</b> 6:30pm- 55min* Chris W.				
7:30 PM	<b>GENTLE YOGA</b> 7:30pm- 75min* Brenda H.	<b>CENTERGY</b> 7:30pm- 55min* Chris W.					

# RIDE ROOM

## October 2017

\*entry level class

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

# STUDIO 1A

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

# POOL

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