















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

# RIDE ROOM

## December 2017



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	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	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