



Fall 2019 Class Schedule

Classes are subject to change if attendance is low.
Sign-ups for group cycle classes are taken up to three days in advance.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00am		Group Cycle Kelli :40		Group Cycle Kelli :40		8:00am Group Cycle Ann
5:30-6:30am	Cardio Fusion Kelli	Group Cycle 6:05 Kelli :40		Group Cycle 6:05 Kelli :40	Body Burn Kelli	
8:30-9:30am	Aerobics/Strength Cindy	Abs, Glutes, Weights, Bands & Balls♦ Cindy	Zumba Cindy	Bar & Pilates Sculpt Jen	20/20/20 Karen J.	8:30am Yin & Yang Yoga* Barbara/Ko
9:00-9:45am	Group Cycle Judy		Group Cycle Liz		Group Cycle Liz	9:00am Zumba Cindy
10:00-11:00am	Yoga Ko	Muscle Mix Karen F.	Yogalaties Cindy	Mix It Up Jen		
4:15-5:15pm		Total Body Badass Maryann	Cardio/Core - Karen F. or Step** - Beth	Straight Up Strength Karen F.		SUNDAY
5:30-6:15pm	Group Cycle		Pilates Sculpt Karen	Group Cycle Ann		10:00am Zumba Jess
6:00-7:00pm		Yoga Barbara		Yoga Ko		

♦1st Tuesday of each month = Big Ball Class

*classes held in upstairs studio

**1st & 3rd Wednesdays = Step Class

Regular Hours of Operation

Monday - Thursday 5:15am - 8:00pm
Friday 5:15am - 7:00pm

Saturday 7:30am - 4:00pm
Sunday 8:30am - 2:00pm

Playroom Hours

Monday - Friday 8:30am - 11:00am

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