

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:20-6:30am CYCLE Studio 3 - Martin	5:20-6:20am RISE, RIDE, & REPS Studio 3 - Lynne	5:20-6:20am CYCLE Studio 3 - Dawn	5:20-6:20am CYCLE Studio 3 - JoAnne	5:15-6:15am TCX Studio 1 - Theresa	8:00-9:00am POWER TONING Studio 1 - Rotation	8:00-9:00am INTRO : ASHTANGA YOGA Studio 2 - Jett
5:30-6:15am SHRED Studio 1 - Theresa	5:30-6:30am HIIT Track/Studio 1 - Bryan	5:30-6:30am SWEAT!!! Studio 1 - Theresa	8:00-9:00am POWER TONING Studio 1 - Laurie	5:20-6:20am CYCLE Studio 3 - Danyell	8:00-9:00am CYCLE Studio 3 - Bri	8:00-9:00am CYCLE Studio 3 - Rotation
8:00-9:00am POP PILATES Studio 1 - Jill	8:00-9:00am POWER TONING Studio 1 - Laurie	8:00-9:00am ULTIMATE CONDITIONING Studio 1 - JoAnne	9:15-10:15am SENIOR STRENGTH & CORE Studio 1 - Jordan	6:00-7:00am YOGA Studio 2 - Helaine (10/5 only)	8:00-9:00am VINYASA FLOW YOGA Studio 2 - Michele	9:15-10:15am PVC Studio 1 - Rotation
8:00-9:00am GENTLE YOGA Studio 2 - Michele	9:15-10:00am BALLET BARRE Studio 1 - Sahar	8:00-9:00am GENTLE YOGA Studio 2 - Michele	9:15-10:15am PILATES Studio 2 - Nikki	6:30-7:00am ATHLETIC STRETCH & CORE Studio 2 - Danyell (10/12 start)	9:15-10:15am CARDIO INTERVALS Studio 1 - Missi	10:30-11:30am ZUMBA Studio 1 - Rotation
8:30-9:30am CYCLE Studio 3 - Kylie	9:15-10:15am VINYASA FLOW YOGA Studio 2 - Karen	8:30-9:30am CYCLE Studio 3 - Kara	9:15-10:15am CYCLE Studio 3 - Rosie	8:00-9:00am BOSU BLAST Studio 1 - Bryan	9:15-10:15am TURBOKICK Studio 2 - Caren/Sara	
9:15-10:15am SENIOR STRENGTH & CORE Studio 2 - Danyell	9:15-10:15am CYCLE Studio 3 - Doug	9:30-10:15am POWER PUMP INTERVALS Studio 1 - Missi	10:30-11:30am \$ KETTLEBELL TRAINING Studio 1 - Robin	8:30-9:30am CYCLE Studio 3 - Alex	9:30-10:30am CYCLE Studio 3 - Sarah	
9:15-10:15am ULTIMATE CONDITIONING PulseX - JoAnne	10:00-10:45am SENIOR STRETCH Studio 1 - Michele	10:30-11:30am LEBARRE Studio 1 - Nikki	10:30-11:30am YOGA BASICS Studio 2 - Peter	9:15-10:15am POWER TONING Studio 1 - JoAnne	10:30-11:30am YOGA BASICS Studio 2 - Peter	
9:15-10:15am SWEAT!!! Studio 1 - Rosie	11:00am-12:00pm ZUMBA GOLD Studio 1 - Krista	1:30-2:30pm \$ TAI CHI - GENERAL Studio 1 - Hilary	10:30-11:30am SENIOR CYCLE Studio 3 - Danyell	9:15-10:15am YOGA FUNDAMENTALS II Studio 2 - Sarah		
10:30-11:30am LEBARRE Studio 1 - Nikki	12:15-2:30pm \$ TAI CHI SESSIONS Studio 1 - Hilary	4:30-5:30pm POWER TONING Studio 1 - Laurie	12:15-2:30pm \$ TAI CHI - SESSIONS Studio 1 - Hilary	10:30-11:30am BODY BARRE Studio 2 - Nikki		
10:30-11:30am YOGA FUNDAMENTALS I Studio 2 - Sarah	4:30-5:30pm TURBOKICK Studio 1 - Sara	4:30-5:30pm VINYASA FLOW YOGA Studio 2 - Chris	4:30-5:30pm NO GUTS ALL GLORY * Studio 1 - Tim	10:45-11:45am ZUMBA GOLD TONING Studio 1 - Kory		
10:30-11:30am SENIOR CYCLE Studio 3 - Danyell	4:30-5:15pm HARDCORE Studio 2 - Nicole	5:30-6:30pm CYCLE Studio 3 - Kristin	4:30-5:30pm \$ PILATES REFORMER INT Studio 2 - Ellen	4:30-5:30pm VINYASA FLOW YOGA Studio 2 - Chris		
4:30-5:30pm ZUMBA Studio 1 - Rotation	5:45-6:45pm BOOT CAMP Studio 1 - Todd	5:30-6:30pm POP PILATES Studio 2 - Jill	5:30-6:30pm CYCLE Studio 3 - Euniece	4:30-5:30pm BOOTY CAMP Studio 1 - Nicole		* New Instructor
5:30-6:30pm CYCLE Studio 3 - Jessy	6:00-6:50pm *** BOLLYX Studio 2 - Kamna 10/2-23	5:45-6:45pm DANCE!!! Studio 1 - Ankita	5:45-6:45pm *** MINDBODYHIIT Studio 1 - Renee	5:45-6:45pm ZUMBA Studio 1 - Krista		** Class time change
6:00-7:00pm SUPER SCULPT Studio 1 - Esther	6:00-7:00pm CYCLE Studio 3 - Morgan	6:45-7:30pm *** CYCLE (no class 10/10) Studio 3 - Nicole	7:00-8:00pm VINYASA FLOW YOGA Studio 2 - Kim			*** New Class
7:00-8:00pm INTRO : VINYASA YOGA Studio 2 - Pauline	7:00-8:00pm VINYASA FLOW YOGA Studio 2 - Kim	7:00-8:00pm \$ TAI CHI - GENERAL Studio 1 - Hilary				\$ Paid Class : Please register at Front Desk