



Group Exercise Schedule: Effective Feb 1, 2019

Monday

5-6am	Bootcamp	AF/Gym	Kim
6-7am	kettlebell	AF	Kim
6-7am	Spinning	SS	Mark
8-9am	Forever your	AF	Lacie
8-9am	womens Cor	Gym	Patti
9-10am	Spinning	SS	Mary
9-10am	turbo kick	AF	Stephanie

9:30-10:30am	Yoga	TC	Amanda
5:30-6:30pm	Spinning	SS	Colleen
5:30-6:30pm	Power up	AF	Kim
6:30-7pm	power Stretc	AF	Kim
7-8pm	Zumba	AF/Gym	Amy

Tuesday

4:30-5am	HITT	AF	Jeremy
5-6am	Power up	AF	Susie
5-6am	Spinning	SS	Dave
6-7am	PiYo	AF	Susan
8-9am	Mat Pilates	AF	Heather
9-10am	Body Sculpt	AF	Susan
9-10am	Water Aerob	TC	Jane/Brenda
11:30-12:30pm	Essentrics	TC	DeAnna
5:30-6pm	Bootcamp	AF/Gym	Kim
5:30-6pm	Spinning	SS	Mark
6:30-7:30pm	Aqua Zumba	TC	Tanya
6:30-7:30pm	Yoga	TC	Amanda
6:45-7:30pm	Synergy Cycle	SS	Dolly
6:45-7:30pm	X-Works	AF	Mark

Wednesday

5-6am	Bootcamp	AF/Gym	Kim
6-7am	kettlebell	AF	Kim
6-7am	Spinning	SS	Mark
8-9am	Forever your	AF	Lacie
8-9am	womens Cor	Gym	Patti
9-10am	Spinning	SS	Mary
9-10am	turbo kick	AF	Stephanie
9:30-10:30am	Yoga	TC	Amanda
5:30-6:30pm	Spinning	SS	Colleen
5:30-6:30pm	Power up	AF	Kim
7-8pm	Zumba	AF	Rebecca

Key

AF	SS	TC
Aerobic Floor	Spin Studio	Tennis Center

Thursday

4:30-5am	HITT	AF	Jeremy
5-6am	Power up	AF	Susie
5-6am	Spinning	SS	Dave
6-7am	PiYo	AF	Susan
8-9am	Mat Pilates	AF	Heather
9-10am	Body Sculpt	AF	Susan
9-10am	Water Aerobic	TC	Jane/Brenda
10-11am	Zumba	AF/Gym	Amy
11:30-12:30pm	Essentrics	TC	DeAnna
5:30-6pm	Bootcamp	AF/Gym	Kim
5:30-6pm	Spinning	SS	Mark
6:30-7:30pm	Aqua Zumba	TC	Tanya
6:30-7:30pm	Yoga	TC	Amanda
6:45-7:30pm	Synergy Cycle	SS	Dolly
6:45-7:30pm	X-Works	AF	Mark

Friday

5-6am	Bootcamp	AF/Gym	Kim
6-7am	Kettlebell	AF	Kim
6-7am	Spinning	SS	Mark
8-9am	Forever young	AF	Beth
8-9am	Womens Cond.	Gym	Patti
9-10am	Spinning	SS	Mary
9-10am	Turbo Kick	AF	Stephanie
9:30-10:30am	Yoga	TC	Amanda

Saturday

6:30-7:30am	Bootcamp	AF/Gym	Jeremy
7:45-8:45am	Bootcamp	AF/Gym	Jeremy
7:45-8:45am	Spinning	SS	Natalie
8-9am	Will Power	TC	Gayle
9-10am	Power up	AF	Dara

Sunday

7:45-8:45am	Bootcamp	AF/Gym	Jeremy
7:45am-8:45am	Spinning	SS	Kim
9-10am	Zumba	AF/Gym	Amy

Fitness Center Hours

M-F: 3:30am-10am Sat- 5am-7pm Sun-6am-6pm

Tennis Center Hours

mon-thurs: 6am-10pm Fri- 6am- 8pm Sat-Sun: 7am-6pm

Child Care Hours

Mon-Thurs	AM	PM
Fri	8am-noon	4:30-8pm
Sat	8am-1pm	Closed
Sun	7:30am- 12pm	Closed
	Closed	Closed

Contcat

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