

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
STUDIO A							
5:15 AM	Mid Mgmt	Mid Mgmt		Mid Mgmt	Mid Mgmt		
	Tiffany	Donna		Donna	Amy		
5:30 AM	TBC	Powersculpt		Powersculpt	Step 2		
	Tiffany	Donna		Donna	Amy		
7:30AM						Powersculpt	
7:45AM				SlvrSneakers I		Donna	Pilates(8:05am)
				DeeAnne			Liz T
9:00 AM	Mid Mgmt	Mid Mgmt	Mid Mgmt	Mid Mgmt	Mid Mgmt	Step 2	
	Mo	Suzy	Mo	Suzy	Debbie	Erma	
9:15 AM	Step 2	Step w/TBC	Step 2	Step w/TBC	Step 2		Mid Mgmt
	Mo	Suzy	Mo	Suzy	Debbie		Amy
9:30 AM							Step Int
							Amy
10:30 AM	Fit & Flex		Fit & Flex		Fit & Flex	Tae Bo®(10:15)	Low Imp(10:35)
	Cindy		Cindy		Cindy	Amy M.	Erma
11:00 AM		YogaI(10:45)		Yoga I(10:45)			
		Chris		Chris			
11:30 AM						Fitkids	Mid Mgmt(11:40)
12:00 PM	SlvrSneakers I	(12:15 PM)	SlvrSneakers II	(12:15 PM)	SlvrSneakers I	TBD	Erma
12:30 PM	DeeAnne	Yoga II	Cindy	Yoga II	Jackie D	Fikids(12:10)	
		Chris		Chris		TBD	
1:15 PM	SlvrSneakers I		SlvrSneakers I		SlvrSneakers I	Yoga II(1:00)	Yoga II (1:00)
	DeeAnne		Cindy		Jackie D	Colette	Jennifer D.
2:00 PM							
4:15PM			Mid Mgmt				Belly Danc(4:00)
4:45 PM			Christy				Carrie
4:30 PM	Cardio Kick	TBC	TBC	Hip Hop	Lo Impact	Salsa (2:45)	
	Michelle	Christine	Christy	Jessie	Milton	Michelle	
5:40 PM	Cardio Blast Int	Step 2	Salsa	Boot Camp	Fitball		
	Christine	Debbie	Robin	Christine	Elissa		
6:45 PM			Pilates	Salsa			
			Liz T	Steven			
7:00 PM	Yoga 1				Stretch/Pilates		
	Will				Liz T.		
8:00PM		Yoga 1	Yoga I	Yoga 1			
		Ann	Rene	Allisun			

STUDIO B *All cycling classes are held in Studio B

5:00 AM	Cycling(5:30)	Cycling	Cycling(5:30)	Cycling	Cycling(5:30)	Cycling(7:45)	
	Beverly	Chrissy	Kristal	Chrissy	Kristal	Terri	
9:00 AM							Cycling(90min)
							Terri
9:15AM		Cycling		Cycling	Cycling	Cycling	
		ML		ML	Raul	Lisa	
10:30 AM						Cycling	
11:00AM						Libbiey	
12 noon	Cycling	Cycling	Cycling		Cycling		
	Teddy	Tracy	Mike		Will		
4:45 PM	Cycling	Cycling	Cycling	Cycling	Cycling		
	Laurene	Terri	Scott W	Terri	Will		
6:00 PM	Cycling	Cycling	Cycling	Cycling			
	Laurene	Beverly	Will	Tiffany			
7:15 PM	Cycling	Cycling	Cycling	Cycling			
	TBD	Cathie S.	TBD	Tanya			
8:10PM		Mid Mgmt					
		Cathie S.					

WATER CLASSES

7:30 AM		Aqua Fitness		Aqua Fitness			
		Heidi		Heidi			
9:00 AM	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua Fitness	Aqua fitness (8:30)	
	Amanda	Danita	Amanda	DeeAnne	Angela	Rene	
10:10 AM	Aqua Fitness		Aqua Fitness		Aqua Fitness	Water Move(10)	
	Amanda		Amanda		Angela	Vivian	
12 noon	Aqua Fitness			Water Move			
	Vivian			Vivian			
4:45 PM		Aqua Fitness		Aqua Fit(5:00)	Aqua Fitness		
		Marissa		Erin C	Elissa		
5:30 PM	Aqua Fitness		Aqua Fitness				
	Bonnie		Bonnie				