

# Fitness Schedule

Schedule may be subject to change  
 Updated 11/29/18  
 Classes are 1 hour unless otherwise stated

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-7:00 AM			5:45am Rise & Grind				
8:00 AM	8am Back to Basics	8am Interval Training		8am Interval Training			
	8:15am Morning Yoga		8:15am Morning Yoga				
	8:30am Low Stress Water Aerobics		8:30am Low Stress Water Aerobics		8:30am Low Stress Water Aerobics	* 8:30am Metabolic Circuit	
9:00 AM	9am Weightlifting/Conditioning		9am Weightlifting/Conditioning				
	9:15am Morning ZUMBA		9:15am Morning ZUMBA		9:15am ZUMBA Gold		
	* 9:15am Intro to Cycling	9:30am Body Conditioning		9:30am Body Conditioning	* 9:15am Intro to Cycling		
10:00 AM		9:30am Deep Water Aerobics	10am Aqua ZUMBA	9:30am Deep Water Aerobics		* 10am ZUMBA	
	10:45am Total Fitness		10:45am Total Fitness		10:45am Total Fitness		
11:00 AM		11:30am-12:20pm Peak Performance		11:30am-12:20pm Peak Performance			2pm Cardio Drumming
12:00 PM		12:30-1pm Short Circuit	12 pm Balanced Body	12:30-1pm Short Circuit			
4:00 PM	* 4:15-5pm Cardio Spin		* 4:15-5pm Cardio Spin				
5:00 PM	5:15-6:05pm ZUMBA & Strength	# 5pm Mat Based Pilates	5:15pm Strength & Core	5pm Integral Yoga		<b>Class Schedule Key:</b> Fitness Classes included in the annual membership Aquatic Classes not included in annual membership Premium Fitness Classes not included in annual membership	
		*5:15pm Studio Cycling					
	5:30pm Deep Water Aerobics	5:30pm Low Stress Water Aerobics	5:30pm Deep Water Aerobics	5:30pm Low Stress Water Aerobics			
		6pm Saline Strong	5:45pm Integral Yoga	* 5:45pm Metabolic Circuit			
6:00 PM	6:15-7:10pm Pilates Fusion	6:15pm Yogilates		#6:15pm Mat Based Pilates	6:30pm Cardio Drumming		
	6:15pm Integral Yoga	6:30pm Strength & Cardio HIIT				* Must receive ticket at desk no more than a half an hour prior to class starting	
7:00 PM	*7:30pm Barre Above	*7:30pm Beginner Yoga	*7-7:45pm TRX PLUS	*7pm ZUMBA		# Must start at the beginning of each session	
KIDS CORNER	8:45am-12:00pm 4-8pm	8:45am-12:30pm 4:45-8pm	8:45am-12pm 4-7:30pm	8:45am-12 pm 4:45-8pm	8:45am-12pm	8:15am-12pm	9:30am-12pm