

updated
6/13/17



Fitness Schedule

Schedule may be subject to change

**Starting
6/14/17**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
	Back to Basics 8-9am	Interval Training 8-9am	*Intro to Cycling 8-9am	Interval Training 8-9am	*Intro to Cycling 8-9am	Yoga in the Park at Henne Field 8-9am			
	Morning Yoga 8:15-9:15am	Body Conditioning 9:30-10:30am	Morning Yoga 8:15-9:15am	Body Conditioning 9:30-10:30am	Low Stress Water Aerobics 8:30-9:30am	*Boot Camp 8:30-9:30am			
	Low Stress Water Aerobics 8:30-9:30am	Deep Water Aerobics 9:30-10:30am	Low Stress Water Aerobics 8:30-9:30am	Deep Water Aerobics 9:30-10:30am	Total Fitness 10:45-11:45am	ZUMBA 10-11am			
	Morning ZUMBA 9:15-10:15am	*Peak Performance 11:30-12:20pm	Morning ZUMBA 9:15-10:15am	*Peak Performance 11:30am- 12:20pm	Cardio Drumming at Henne Field 6:30-7:30pm				
	Weightlifting/ Conditioning 9:30-10:30am	*TRX & Abs 12:30-1pm	Weightlifting/ Conditioning 9:30-10:30am	*TRX & Abs 12:30-1pm					
	Total Fitness 10:45-11:45am	#Mat Based Pilates 5-6pm	Aqua ZUMBA 10:00-11:00am	#Integral Yoga 5-6pm	<p>Class Schedule Key:</p> <table border="1"> <tr> <td>Fitness Classes included in the annual membership</td> </tr> <tr> <td>Aquatic Classes not included in annual membership</td> </tr> <tr> <td>Premium Fitness Classes not included in annual</td> </tr> </table> <p>* Ticket required for entry to class</p> <p># Must start at the beginning of each session</p>		Fitness Classes included in the annual membership	Aquatic Classes not included in annual membership	Premium Fitness Classes not included in annual
Fitness Classes included in the annual membership									
Aquatic Classes not included in annual membership									
Premium Fitness Classes not included in annual									
*Studio Cycling 4:15-5pm	*Studio Cycling 5:15-6:15pm	Total Fitness 10:45-11:45am	Low Stress Water Aerobics 5:30-6:30pm						
ZUMBA & Strength 5:15-6:05pm	Low Stress Water Aerobics 5:30-6:30pm	Get Fit, Stay Fit 12-1pm	#Mat Based Pilates 6:15-7:15pm						
Deep Water Aerobics 5:30-6:30pm	Yogilates 6:15-7:15pm	*Studio Cycling 4:15-5pm	ZUMBA 7-8pm						
Pilates Fusion 6:15-7pm	Cardio Kick 6:30-7:30pm	#Integral Yoga 5-6pm							
#Integral Yoga 6:15-7:15pm	*Beginner Yoga 7:30-8:30pm	W.O.W 5:15-6:15pm							
#Integral Yoga 7:30-8:30pm		Deep Water Aerobics 5:30-6:30pm							
		*TRX PLUS 6:30-7:15pm							
	8:45-12:00pm 4-8:30pm	8:45-1pm 4:45-8:30pm	8:45-1pm 4-7:30pm	8:45-1 pm 4:45-8:15pm	8:45-12pm	8:15-12pm			

Kids Corner
Hours