

GROUP EXERCISE

STARTING 5/1/24

MAIN STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15-10:15A LES MILLS BODYCOMBAT ALYSON 5:30-6:15P LES MILLS BODYCOMBAT CAMILLE 6:15-6:45P LES MILLS CORE CAMILLE	5:30-6:15A LES MILLS BODYPUMP RITA 9:15-10:15A LES MILLS BODYPUMP FLORI 5:30-6:30P LES MILLS BODYPUMP SHANNA 6:30-7:00P LES MILLS GRIT SHANNA	9:15-10:00A SURGE FIT BRITNEY 5:30-6:30P LES MILLS BODYCOMBAT FLORI 6:30-7:00P LES MILLS BODYPUMP SHANNA	5:30-6:15A LES MILLS BODYPUMP RITA 9:15-10:00A LES MILLS BODYPUMP ALYSON 5:30-6:30P LES MILLS BODYPUMP SHANNA 6:30-7:00P LES MILLS GRIT SHANNA	7:00-7:45A LES MILLS tone JON 8:45-9:15A LES MILLS CORE FLORI 9:15-9:45A LES MILLS GRIT BRIAN 10:00-10:30A LES MILLS CIRC MOBILITY JON	9:00-10:00A LES MILLS BODYCOMBAT CAMILLE 10:00-10:30A LES MILLS BODYPUMP CAMILLE 10:30-11:30A ZUMBA fitness JON	9:00-9:45A LES MILLS tone ALYSON
					<p>**CHECK OUT OUR NEW CLASS CIRC MOBILITY FRIDAY AT 10AM IN THE MAIN STUDIO. PLEASE NOTE ALL OTHER SCHEDULE CHANGES.</p>	

PLEASE BRING YOUR OWN MAT TO ALL CLASSES IN MAIN AND WELLNESS STUDIOS

WELLNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30A Vinyasa CINDY 9:15-10:15A Cardio Sculpt KRISTEN 6:00-7:00P Power Hour Yoga RAISA	9:00-10:00A Vinyasa CINDY 10:30-11:30A Gentle Yoga NANCY 5:00-6:00P Vinyasa CINDY 6:30-7:15P LES MILLS tone CAMILLE	5:30-6:30A Vinyasa/Yin DANIELLE 9:15-10:15A PowerPlay Vinyasa DANA 6:00-7:00P Sculpt Fusion RAISA	9:00-10:00A Pilates PAIGE 10:30-11:30A Therapeutic Yoga NANCY 6:15-7:00P Vinyasa KERRY	9:15-9:45A Cardio Sculpt Exp KRISTEN 10:00-11:00A Chair Yoga NANCY 6:30-7:30P Subtle Strength Yoga ARTHUR	8:15-9:15A Vinyasa Chill CRISTINA 9:30-10:30A Vinyasa Heat DANIELLE 10:45-11:25A POUND KIDS 5-11 SHEA	9:00-10:00A Align & Flow CRISTINA 10:15-11:00A Pilates PAIGE
					<p>**REGISTER FOR ALL CLASSES THROUGH THE MEMBER PORTAL OR FRONT DESK** CLASSES WITH FEWER THAN 4 PARTICIPANTS WILL BE CANCELED ONE HOUR PRIOR TO CLASS START</p>	

POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:35-9:30A Water Exercise DIANA	8:35-9:30A Water Exercise MARY	8:35-9:30A Water Exercise MARY		8:35-9:30A Water Exercise DIANA		



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