

**M****T****W****T****F****S****S****MORNING SESSIONS:**

**Low Impact Sculpt / Stretch**  
Group Fitness Studio  
8:00a-9:00a

**Aqua Aerobics w/ Equipment**  
Pool  
8:00a-9:00a

**Yoga Foundation & Flow**  
Yoga Studio  
9:00a-10:00a

**Stretch Pilates**  
Pilates Studio  
9:30a-10:30a

**BodyPUMP**  
Group Fitness Studio  
9:30a-10:30a

**Spinning®**  
Spinning Studio  
9:30a-10:30a

**Aqua Aerobics**  
Pool  
10:00a-11:00a

**BodyFLOW**  
Group Fitness Studio  
10:30a-11:30a

**Muscular Strength**  
Gym  
10:00a-11:00a

**Yoga w/Chair**  
Yoga Studio  
10:30a-11:30a

**Zumba®**  
Group Fitness Studio  
11:30a-12:30p

**EVENING SESSIONS:**

**SH'BAM**  
Group Fitness Studio  
5:30p-6:30p

**Spinning®**  
Spinning Studio  
5:30p-6:30p

**Gentle Yoga**  
Yoga Studio  
6:30p-7:30p

**BodyPUMP**  
Group Fitness Studio  
6:30p-7:30p

**BodyPUMP**  
Group Fitness Studio  
6:00a-7:00a

**Gentle Yoga**  
Yoga Studio  
8:30a-9:30a

**Aqua Aerobics Isolation**  
Pool  
9:00a-10:00a

**Mat Pilates**  
Pilates Studio  
9:30a-10:30a

**BodyPUMP Express**  
Group Fitness Studio  
9:30a-10:15a

**Aqua Boot Camp**  
Pool  
10:00a-11:00a

**Cardio Circuit**  
Gym  
10:00a-11:00a

**BodySTEP Express**  
Group Fitness Studio  
10:15a-11:00a

**Mental Aerobics**  
Activities Room 2  
11:30a-12:30p

**BodyFLOW**  
Group Fitness Studio  
5:30p-6:30p

**Spinning®**  
Spinning Studio  
5:30p-6:30p

**Aqua Aerobics**  
Pool  
6:30p-7:30p

**Zumba**  
Group Fitness Studio  
6:30p-7:30p

**Aqua Aerobics w/ equipment**  
Pool  
8:00a-9:00a

**Yoga w/ Props**  
Yoga Studio  
8:30a-10:00a

**SH'BAM**  
Group Fitness Studio  
9:00a-10:00a

**Aqua Aerobics Deep Water**  
Pool  
9:00a-10:00a

**Spinning®**  
Spinning Studio  
9:30a-10:30a

**Aqua Aerobics**  
Pool  
10:00a-11:00a

**Yoga w/ Chair**  
Yoga Studio  
10:30a-11:30a

**Cardio Fit**  
Gym  
10:00a-11:00a

**BodyPUMP**  
Group Fitness Studio  
10:30a-11:30a

**Gentle Yoga**  
Group Fitness Studio  
12:00p-1:00p

**BodyPUMP**  
Group Fitness Studio  
5:30p-6:30p

**Insanity NEW CLASS**  
Group Fitness Studio  
6:30p-7:30p

**Yoga Asana**  
Yoga Studio  
6:00p-7:30p

**Spinning®**  
Spinning Studio  
6:30p-7:30p

**BodyPUMP**  
Group Fitness Studio  
6:00a-7:00a

**BodyPUMP**  
Group Fitness Studio  
8:30a-9:30a

**Yoga**  
Yoga Studio  
9:00a-10:00a

**Aqua Boot Camp**  
Pool  
9:00a-10:00a

**Ballet Benefits**  
Group Fitness Studio  
9:30a-10:30a

**Spinning®**  
Spinning Studio  
9:30a-10:30a

**Aqua Aerobics Isolation**  
Pool  
10:00a-11:00a

**Cardio Circuit**  
Gym  
10:00a-11:00a

**Zumba Toning**  
Group Fitness Studio  
10:30a-11:30a

**Yoga w/Props**  
Yoga Studio  
6:00p-7:30p

**BodySTEP**  
Group Fitness Studio  
5:30p-6:30p

**Spinning®**  
Spinning Studio  
5:30p-6:30p

**BodyPUMP**  
Group Fitness Studio  
6:30p-7:30p

**Aqua Aerobics Deep Water**  
Pool  
6:30p-7:30p

**Low Impact Sculpt / Stretch**  
Group Fitness Studio  
8:00a-9:00a

**Aqua Boot Camp**  
Pool  
9:00a-10:00a

**Spinning®**  
Spinning Studio  
9:30a-10:30a

**BodyPUMP**  
Group Fitness Studio  
9:30a-10:30a

**Yoga w/Chair**  
Yoga Studio  
9:30a-10:30a

**Muscular Strength**  
Gym  
10:00a-11:30a

**Gentle Yoga**  
Group Fitness Studio  
11:00a-12:00p

**BodyPUMP**  
Group Fitness Studio  
5:30p-6:30p

**BodySTEP**  
Group Fitness Studio  
8:30a-9:30a

**Spinning®**  
Spinning Studio  
8:30a-9:30a

**Yoga Flow**  
Yoga Studio  
9:00a-10:00a

**BodyPUMP**  
Group Fitness Studio  
9:30a-10:30a

**Aqua Aerobics**  
Pool  
10:00a-11:00a

**BodyFLOW**  
Group Fitness Studio  
10:30a-11:30a

**SH'BAM**  
Group Fitness Studio  
11:30a-12:30p

**Spinning®**  
Spinning Studio  
9:00a-10:00a

**BodyPUMP**  
Group Fitness Studio  
10:00a-11:00a

**BodySTEP**  
Group Fitness Studio  
11:00a-12:00p

**Yoga w/ Props**  
Yoga Studio  
10:30a-12:00p

**\*NOTE\* ALL CLASSES ARE APPROXIMATELY 50MINS UNLESS OTHERWISE STATED**