



	TIME	CLASS	INSTRUCTOR	STUDIO
MONDAY	6:15 - 7:00 am	CYCLING	GREG P.	CYCLING STUDIO
	6:30 - 7:00 am	ARM & CORE 30	SUSAN W.	STUDIO ONE
	9:00 - 9:45 am	SILVERSNEAKERS CLASSIC	LAURA H.	STUDIO ONE/VIRTUAL
	10:00 - 10:45 am	CARDIO KICKBOXING	JODEE F.	STUDIO TWO
	12:00 - 12:30 pm	FULL BODY 30	RENE A.	STUDIO ONE
	12:15 - 1:15 pm	TAI CHI	JUDY B.	GYMNASIUM
	1:15 - 2:15 pm	TAI CHI INTERMEDIATE	JUDY B.	GYMNASIUM
	5:15 - 6:00 pm	HIIT	RENE A.	STUDIO ONE
	5:15 - 6:00 pm	CYCLING	JODEE F.	CYCLING STUDIO
	6:15 - 7:15 pm	SLOW FLOW YOGA	JODEE F.	STUDIO ONE

TUESDAY	6:30 - 7:15 am	BARRE BODY	SUSAN W.	STUDIO ONE
	7:30 - 8:30 am	SLOW FLOW YOGA	JODEE F.	STUDIO ONE
	8:30 - 9:30 am	20/20 ENDURANCE	JODEE F.	STUDIO ONE
	9:30 - 10:15 am	SILVERSNEAKERS STABILITY	LAURA H.	STUDIO ONE/VIRTUAL
	11:00 - 11:45 am	SILVERSNEAKERS BOOM MUSCLE	JODEE F.	STUDIO ONE
	11:00 - 11:45 am	JEWISH MINDFULNESS MEDITATION	SAM S. & YONINA F.	STUDIO TWO
	12:00 - 12:30 pm	ARMS & CORE 30	RENE A.	STUDIO TWO
	12:00 - 1:00 pm	SILVERSNEAKERS CLASSIC	JENNIFER G.	STUDIO ONE
	3:00 - 3:45 pm	CARDIO KICKBOXING	JODEE F.	STUDIO TWO
	5:30 - 6:30 pm	LES MILLS BODYPUMP	CINDY F.	STUDIO ONE/VIRTUAL
6:30 - 7:30 pm	VINYASA FLOW	TRINA B.	STUDIO TWO	

WEDNESDAY	6:30 - 7:00 am	ARMS & CORE 30	SUSAN W.	STUDIO ONE
	7:45 - 8:45 am	CARDIO KICKBOXING	JODEE F.	GYMNASIUM
	9:00 - 10:00 am	SILVERSNEAKERS CLASSIC	JODEE F.	STUDIO ONE/VIRTUAL
	10:00 - 10:45 am	SILVERSNEAKERS STABILITY	LAURA H.	STUDIO ONE/VIRTUAL
	12:00 - 12:30 pm	CYCLE 30	SARAH O.	CYCLING STUDIO
	12:00 - 1:00 pm	TAI CHI	JUDY B.	GYMNASIUM
	12:45 - 1:15 pm	CORE 30	RENE A.	STUDIO ONE
	5:15 - 6:00 pm	SLOW FLOW YOGA	JODEE F.	STUDIO TWO
5:30 - 6:15 pm	HIIT	RENE A.	STUDIO ONE	

THURSDAY	6:15 - 7:00 am	CYCLING	GREG P.	CYCLING STUDIO
	6:30 - 7:15 am	BARRE BODY	SUSAN W.	STUDIO ONE
	9:15 - 10:15 am	POWER 60	JODEE F.	STUDIO ONE
	10:30 - 11:15 am	SLOW FLOW YOGA	JODEE F.	STUDIO ONE
	10:45 - 11:30 am	CARDIO KICKBOXING	RENE A.	STUDIO TWO
	12:00 - 12:30 pm	POWER 30	RENE A.	STUDIO TWO
	12:00 - 1:00 pm	SILVERSNEAKERS CLASSIC	JENNIFER G.	STUDIO ONE
	5:30 - 6:30 pm	LES MILLS BODYPUMP	CINDY F.	STUDIO ONE/VIRTUAL
	6:45 - 7:15 pm	HATHA STRETCH	ALI B.	STUDIO ONE
	7:30 - 8:30 pm	VINYASA FLOW	ALI B.	STUDIO ONE

CONTINUED ON BACK

	TIME	CLASS	INSTRUCTOR	STUDIO
FRIDAY	8:00 - 8:45 am	SILVERSNEAKERS CLASSIC	LAURA H.	STUDIO ONE/VIRTUAL
	11:00 - 11:45 am	CARDIO KICKBOXING	RENE A.	STUDIO TWO
	12:00 - 12:30 pm	GLUTES 30	RENE A.	STUDIO TWO
SATURDAY	8:05 - 9:00 am	PILATES SCULPT	JAN T.	STUDIO ONE
	9:00 - 10:00 am	CYCLING	JAN T.	CYCLING STUDIO
	9:00 - 10:00 am	LES MILLS BODYPUMP	CINDY F.	STUDIO ONE/VIRTUAL
	10:15 - 10:45 am	STRETCH IT OUT	JAN T.	STUDIO TWO
	10:15 - 11:00 am	BARRE BODY	SUSAN W.	STUDIO ONE
SUNDAY	8:15 - 9:15 am	CYCLING	JODEE F.	CYCLING STUDIO
	9:15 - 10:00 am	ULTIMATE POWER	JODEE F. & JENNIFER S.	GYMNASIUM
	10:15 - 11:15 am	LES MILLS BODYPUMP	JENNIFER S.	STUDIO ONE

**SCAN THE QR CODE
TO RESERVE YOUR SPOT
IN CLASS TODAY!**



RESERVATIONS CAN BE SCHEDULED UP TO 6 DAYS IN ADVANCE