



## Group Fitness Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Personal Training</b> 5:30 & 7:00 am Reny	<b>Group Personal Training</b> 5:30 am Reny	<b>Group Personal Training</b> 5:30 & 7:00 am Reny	<b>Group Personal Training</b> 5:30 am Reny	<b>Group Personal Training</b> 5:30 & 7:00 am Reny		
<b>Core Balance</b> 9:00 am Kellie	<b>Group Personal Training</b> 6:20 am Reny	<b>Breathe &amp; Stretch</b> 9:00 am Thiem	<b>Group Personal Training</b> 6:20 am Reny	<b>Reserved for CHOMP</b> 9:30 - 10:30 am		
		<b>Tai Chi (Functional Balance)</b> 10:00 am Thiem	<b>Reserved for CHOMP</b> 10:00 - 10:45 am		<b>ZUMBA</b> 10:00 am Aileen	<b>ZUMBA</b> 10:00 am Nancy
<b>Reserved for CHOMP</b> 11:30-12:30 pm	<b>Reserved for CHOMP</b> 10:00 - 10:45 am	<b>Cardio Respiratory Workout</b> 11:00 am Thiem	<b>Reserved for CHOMP</b> 12:30 - 3:15 pm		<b>Yin Yoga</b> 11:30 am Aileen	
	<b>Reserved for CHOMP</b> 12:30 - 1:15 pm	<b>Reserved for CHOMP</b> 1:30 - 2:30 pm	<b>Boxing for Balance</b> 3:30 pm Kellie	<b>Reserved for CHOMP</b> 2:00 - 4:00 pm		
<b>Bells &amp; Bands</b> 5:30 pm Pamela	<b>Reserved for CHOMP</b> 2:30 - 3:15 pm	<b>Bootcamp</b> 5:30 pm Hillary	<b>All Abs</b> 4:45pm Hillary	<b>ZUMBA</b> 5:45 pm Aileen		<b>Fee Based Class</b>
<b>ZUMBA</b> 6:30 pm Aileen	<b>All Abs</b> 4:45pm Hillary	<b>ZUMBA</b> 6:30 pm Connie	<b>Swiss Ball (Body Toning)</b> 5:30 pm Thiem			<b>New Class</b>
	<b>Kickboxing</b> 6:30 pm Hillary		<b>Cardio Strength Circuit</b> 6:30 pm Hillary			

All classes 45 mins

- Low Intensity
- Intermediate
- High Intensity

**Fitness Center Hours**

Monday-Thursday 5:30am - 9:00pm

Friday 5:30am - 8:00pm

Saturday-Sunday 8:00am - 4:00pm



## Group Fitness Studio 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Indoor Cycling</b> 6:00 am Mary		<b>Indoor Cycling</b> 6:00 am Mary		<b>Indoor Cycling</b> 8:15 am Maria	
<b>Pilates (Strength &amp; Conditioning)</b> 9:00 am Thiem	<b>Functional Mobility</b> 8:30 am Thiem	<b>Group Personal Training</b> 9:00 am Reny	<b>Bone Strength</b> 9:00 am Thiem	<b>Breathe &amp; Stretch</b> 9:00 am Shannon		<b>Pilates (Flexibility &amp; Strength)</b> 9:00 am Thiem
<b>Yoga (Strength/Balance)</b> 10:00 am Dawn	<b>Spring Board Private Training</b> 9:30 am Thiem		<b>Neuro Movement</b> 10:00 am Thiem	<b>Healthy Back</b> 10:30 am Pamela		<b>Balance &amp; Recovery</b> 10:00 am Thiem
	<b>Reserved Survivorship Group</b> 10:30 - 11:30 am	<b>Senior Speed Circuit</b> 12:00 pm Marisa	<b>Neuro Movement</b> 11:00 am Thiem	<b>Core Balance</b> 11:30 am Valerie		<b>Cardio Dance</b> 11:00 am Thiem
<b>Senior Speed Circuit</b> 2:00 pm Avery	<b>BANDit</b> 11:30 am Marisa	<b>Core Balance</b> 1:00 pm Marisa	<b>Senior Stretch</b> 1:00 pm Dave			
<b>Senior Stretch</b> 2:45 pm Avery	<b>Senior Bootcamp</b> 2:30 pm Hillary		<b>Senior Bootcamp</b> 2:30 pm Hillary			
<b>Power Pilates (Ab Strength)</b> 5:30 pm Thiem	<b>Yoga (Flow)</b> 5:30 pm Meg	<b>Power Pilates (Pelvic Floor)</b> 5:30 pm Thiem	<b>Yoga (Flow)</b> 5:30 pm Meg			<b>Fee Based Class</b>
<b>Indoor Cycling</b> 6:45 pm Pamela	<b>Yin Yoga</b> 6:30 pm Meg	<b>Indoor Cycling</b> 6:45 pm Pamela	<b>Yin Yoga</b> 6:30 pm Meg			<b>New Class</b>

All classes 45 mins







- Low Intensity
- Intermediate
- High Intensity

Fitness Center Hours




Monday-Thursday 5:30am - 9:00pm  
 Friday 5:30am - 8:00pm  
 Saturday-Sunday 8:00am - 4:00pm



## Warm Water Pool

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>Aqua Motion</b> 9:15 am Thiem 	
	<b>Aqua Dynamics</b> 10:45 am Hillary 		<b>Aqua Dynamics</b> 10:45 am Hillary 			
<b>Aqua Strength</b> 6:00 pm Hillary 	<b>Aqua Cardio</b> 6:00 pm Cristian 	<b>Aqua Strength</b> 6:30 pm Hillary 				

All classes 45 mins

-  Low Intensity
-  Intermediate
-  High Intensity

### Fitness Center Hours

Monday-Thursday 5:30am - 9:00pm  
 Friday 5:30am - 8:00pm  
 Saturday-Sunday 8:00am - 4:00pm

### Member Warm Pool Hours

Mon. & Wed. 5:30am-8:30am; Noon-8:45pm  
 Tues. & Thurs. 5:30am-1pm; 5pm-8:45pm  
 Friday 5:30am - 8:30am; Noon - 7:45pm  
 Saturday-Sunday 8:00am - 3:45pm