















Group Fitness Studio 1

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

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
	Seated Mobility 8:30 am Thiem ●		Indoor Cycling 6:00 am Mary ◆		Indoor Cycling 8:15 am Maria ◆	
Pilates for Strength 9:00 am Thiem ●	Spring Board Private Training 9:30 am Thiem		Healthy Bones 9:00 am Thiem ●	Breathe & Stretch 9:00 am Shannon ●		Pilates (Flexibility & Strength) 9:00 am Thiem ●
Yoga (Strength/Balance) 10:00 am Dawn ▲	 Reserved Survivorship Group 10:30 - 11:30 am		Neuro Movement 10:00 am Thiem	Healthy Back 10:30 am Pamela ●		Balance & Recovery 10:00 am Thiem ●
	BANDit 11:30 am Marisa ▲	Senior Speed Circuit 12:00 pm Marisa ▲	Neuro Movement 11:00 am Thiem	Core Balance 11:30 am Valerie ●		Cardio for Coordination 11:00 am Thiem ●
Senior Speed Circuit 2:00 pm Avery ▲	Stretch 12:15 pm Marisa ●	Core Balance 12:45 pm Marisa ●	Stretch 1:00 pm Dave ●			
Senior Stretch 2:45 pm Avery ●	Senior Bootcamp 2:30 pm Hillary ◆		Senior Bootcamp 2:30 pm Hillary ◆			
Power Core Pilates 5:30 pm Thiem ▲	Yoga (Flow) 5:30 pm Meg ▲	Power Pilates (Muscle Tone) 5:30 pm Thiem ▲	Yoga (Flow) 5:30 pm Meg ▲			Fee Based Class _____
Indoor Cycling 6:45 pm Pamela ◆	Yin Yoga 6:30 pm Meg ▲	Indoor Cycling 6:45 pm Pamela ◆	Yin Yoga 6:30 pm Meg ▲			New Class _____

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
 Reserved for CHOMP 8:30am -12:00 pm	Aqua Dynamics 10:45 am Hillary 	 Reserved for CHOMP 8:30am -12:00 pm	Aqua Dynamics 10:45 am Hillary 	 Reserved for CHOMP 8:30am -12:00 pm	Aqua Motion 9:15 am Thiem 	
	 Reserved for CHOMP 1:00pm -5:00 pm		 Reserved for CHOMP 1:00pm -5:00 pm			
Aqua Strength 6:00 pm Hillary 	Aqua Cardio 6:00 pm Cristian 	Aqua Strength 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