















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 Karlee	 Reserved for CHOMP 2:00 - 4:00 pm		
Bells & Bands 5:30 pm Pamela	All Abs 4:45pm Natalia	Bootcamp 5:30 pm Valerie	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 Natalia	ZUMBA 6:30 pm Connie	Cardio Strength Circuit 6:30 pm Karlee			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

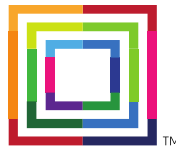
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Indoor Cycling 6:00 am Sandy		Indoor Cycling 6:00 am Mary		Indoor Cycling 8:15 am Maria	
Pilates for Strength 9:00 am Thiem	Seated Mobility 8:30 am Thiem		Healthy Bones 9:00 am Thiem	Breathe & Stretch 9:00 am Shannon		Pilates (Flexibility & Strength) 9:00 am Thiem
Yoga (Strength/Balance) 10:00 am Dawn	Spring Board Private Training 9:30 am Thiem		Neuro Movement 10:00 am Thiem	Healthy Back 10:30 am Pamela		Balance & Recovery 10:00 am Thiem
	Reserved Survivorship Group 10:30 - 11:30 am	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	BANDit 11:30 am Marisa	Core Balance 12:45 pm Marisa	Stretch 1:00 pm Allisyn			
Senior Stretch 2:45 pm Avery	Stretch 12:15 pm Marisa		Senior Bootcamp 2:30 pm Allisyn			
Power Core Pilates 5:30 pm Thiem	Senior Bootcamp 2:30 pm Allisyn	Power Pilates (Muscle Tone) 5:30 pm Thiem	Yoga (Flow) 5:30 pm Meg			Fee Based Class
Indoor Cycling 6:45 pm Pamela	Yoga (Flow) 5:30 pm Meg	Indoor Cycling 6:45 pm Pamela	Yin Yoga 6:30 pm Meg			New Class
	Yin Yoga 6:30 pm Meg					

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 Allisyn 	 Reserved for CHOMP 8:30am -12:00 pm	Aqua Dynamics 10:45 am Allisyn 	 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 Cristian 	Aqua Cardio 6:00 pm Cristian 	Aqua Strength 6:30 pm Natalia 				

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