

Program Schedule



Fall (Sept -Dec) 2017

Monday				Tuesday				Wednesday				Thursday			
Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C	Com. Rm.	Studio A	Studio B	Studio C
Total Body HIIT 6:05-7:05 Bobi			Spin 6:15-7:15 Calvin	Field Hockey Rental* 7-8:30am Sept-Oct				Whokey Rental* 7:30-8:30am Sept-Feb			Spin 6:15-7:15 Hannah	Total Body HIIT 6:05-7:05 Bobi			
					Pilates Mat Int/Adv* 9-9:55 Jackie	Pilates Eq. Ess* 9:30-10:25 Ocean			Core Str* 9-9:55 Ocean	Pilates Eq. Int* 9-9:55 Jackie				Pilates Eq. Int* 9-9:55 Jackie	Spin Core* 9:30-10:30 Leanna
Classic Cardio 9:30-10:30 Zena	Pilates Mat Int* 9:30-10:25 Jackie	Yoga Ref* 10-10:55 Ocean		Body Sculpt 9:30-10:30 Zena	Pilates Mat Ess Senior* 10:30-11:25 Jackie			Cardio Step 9:30-10:30 Zena	Yoga Flow* 10:05-11 Stefanie W	Intro Mat/Ref* 10:05-11 Jackie			Yoga Flow* 9:30-10:25 Sonja		
Rental 10:30 - 11	Pilates Mat Int/Adv* 10:30-11:25 Jackie			Rental 10:30 - 11				Rental 10:30 - 11				Rental 10:30 - 11	Pilates Mat Ess* 10:30-11:25 Ocean		
Body Sculpt 12:05-12:55 Zena				Tabata PT * 12:30-1:15 Sonja		Pilates Eq. Int* 12:30-1:25 Ocean	Spin 12:10-12:50 Hannah	Body Sculpt 12:05-12:55 Leanna				Body Works 12:05-12:40 Sonja		Pilates Eq. Ess* 12-12:55 Ocean	Spin 12:10-12:50 Leanna
Bodyfit by Sonja* 5:05-5:55	Drop in Yoga 5:05-5:55 Sue	Pilates Eq. Int* 5:30-6:25 Maria	Spin 5:15-6 Ocean	Drop in Basketball 4:30-5:55	Core Str* 4:30-5:25 Maria	Classic Cardio 5:30-6:30 Adele	Spin 5:15-6 Gilles	Bodyfit* 5:05-5:55 Sonja	Yoga Flow* 5-5:55 Stefanie W.		Spin 5:15-6 Ocean	Drop in Yoga 5:05-6 Sonja	Student Barre* 5:30-6:25 Kaycie	Pilates Eq. Int* 5-5:55 Maria	Spin 5:15-6 Tammy
Heart for Life* 6-7:30 Sonja	Zumba 6:30-7:30 Tina		Spin 6:05-6:50 Tammy	Karate Club* 6-8	Strong by Zumba 6:45-7:45 Tina			Heart for Life* 6-7:30 Sonja	Body Sculpt 6:05-6:55 Marie			Karate Club* 6-8		Pilates Eq. Ess* 6-6:55 Maria	
Cheer Club* 8-10:30	Dance Club* 8-10							Cheer Club* 8-10:30							

Friday				Saturday				Sunday				DROP-IN CLASS DESCRIPTIONS
Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C	Com. Rm.	St. A	St. B	St. C	
			Spin 6:15-7:15 Bill/Doug				Spin 8:30-9:30 Doug					Total Body HIIT: An action packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle. Great way to start the day!
Body Sculpt 9:30-10:30 Zena		Yoga Ref* 10-10:55 Ocean		Pilates Mat Int* 9-9:55 Susan	Zumba 10-10:55 Tina	Pilates Eq. Ess* 10-10:55 Susan			Classic Cardio 10-11 Zena			Cardio Core: Low impact aerobics with lots of core work for your abs and back.
Rental 10:30 - 11					Adult Ballet* 11:15-12:15 Susan							Classic Cardio: Back to the basics with all the fun and fabulous music and moves that you love.
More Core 12:05-12:55 Rick												More Core: A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.
	Drop in Yoga 4-4:50 Sonja								Drop in Yoga 4-4:55 Stefanie B.			Drop in Yoga or Drop in Yogalates: Introductory Yoga (and Pilates) class. Good for those who want flexibility and relaxation.
Classic Cardio 5:30-6:30 Taya												Body Sculpt: Abs, Legs and More with a new attitude - using tubing, weights, bars, balls, balance boards, and more.
	Dance Club* 8-10											Strong by Zumba: Latin-inspired strength class with easy to follow moves.

Com. Rm.=Community Room
St. A=Studio A
St. B=Studio B
St. C=Studio C

Schedule Subject to Change- See front desk for up to date schedule
*requires registration and may have an additional class fee
^indicates Women's only classes

