

Program Schedule



June 11-17 2018

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 6:05-6:50 Bobi			Spin 6:15-7:15 Stefanie sub									Total Body HIIT NEW 6:05-6:50 Bobi			
				HGS 8:30-9:30											
					Pilates Mat Int* 9-9:55 Jackie										
						Pilates Eq. Ess* Ocean 9:30-10:25 LAST CLASS									
Classic Cardio 9:30-10:30 Zena	Pilates Mat Int* 9:30-10:25 Jackie			Body Sculpt 9:30-10:30 Zena				Cardio Mix 9:30-10:30 Zena				NEW Drop in Pickleball 9:30-10:30			
Daycare 10:30 - 11	Pilates Mat Int* 10:30-11:25 Jackie	Yoga Ref* 10-10:55 Ocean		Rental 10:30 - 11	Pilates Mat Int* 10:30-11:25 Jackie			Rental 10:30 - 11				Rental 10:30-11	Pilates Mat Ess* Ocean 10:30-11:25 NEW SESS		
					HGS 11:25-12:10										
				NEW Drop in Pickleball 11:15-12:15											
Body Sculpt 12:05-12:55 Zena				Total Body HIIT 12:30-1:15 end July 24			Spin 12:10-12:50 Sandra	Bootcamp 12:05-12:55 Sabrina				Body Works 12:05-12:40 Sonja end July 26			Spin 12:10-12:50 Marie
NEW Drop in Pickleball 2:15-4:15				MBA rental 1:30-3 end June 30				NEW Drop in Pickleball 2:15-4:15							
Group PT* 5:05-5:55 Sonja			Spin 5:15-6 Stephanie	Drop in Basketball 4:30-5:55				Group PT* 5:05-5:55 Sonja	NEW Dropin Yoga 5-5:55 Stefanie W						
Heart for Life* 6-7:30 Sonja				Classic Cardio 5:30-6:30 Adele				Heart for Life* 6-7:30 Sonja	Body Sculpt 6:05-6:55 Marie						
	Zumba 6:30-7:30 Tina			Strong by Zumba 6:45-7:45 Tina											
cleaning 7:30-8															
				cleaning 8-9				cleaning 8:30-9				cleaning 8-9			

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 Doug				Spin 8:30-9:30 Katelyn						<p>Total Body HIIT/Bootcamp: An action packed fitness class filled with High Intensity Interval Training designed to challenge your body, burn fat and build lean muscle.</p> <p>Cardio Mix/Classic Cardio: Back to the basics with all the fun and fabulous music and moves that you love including the occasional Zumba flare.</p> <p>More Core: A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.</p> <p>Drop in Yoga: Introductory Yoga good for those who want flexibility and relaxation.</p> <p>Body Sculpt: Abs, Legs and More with a new attitude - using tubing, weights, bars, balls, balance boards, and more.</p> <p>Strong by Zumba: Latin-inspired strength class with easy to follow moves.</p> <p>Zumba/Zumfit: Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party!</p> <p>Body Works: Fun filled class which challenges cardiovascular, strength and flexibility.</p> <p>Pound: A cardio jam session inspired by the energizing and sweaty fun of playing the drums.</p> <p>Spin: If you are new to spin, please arrive early to be sized for your bike. Spin classes do not require bike reservation. Arrive early to secure your bike. Ask for more details on registered classes.</p>
Body Sculpt 9:30-10:30 Zena				Tabata* 9:30-10:25 Sonja LAST CLASS									
Rental 10:30 - 11	Yoga Flow* 10-11 Stefanie W LAST CLASS					Pilates Eq. Ess* 10-10:55 Susan	Zumba 10:30-11:30 Tina		Classic Cardio 10-11 Zena				
More Core 12:05-12:55 Rick		Pilates Eq. Int.* 10:30-11:25 NEW SESS											
NEW Drop in Pickleball 3:30-5	Drop in Yoga Sonja 4-4:50 end July 27							Fitness in Chinese* 4-4:55 Jason CLASS MOVED TO 4PM	Drop in Yoga Allison sub				
Classic Cardio Taya 5:30-6:30 end June 22													
cleaning 6:30-7:30				cleaning 6-7									

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

