

Program Schedule

June 4-10 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								Spin 6:15-7:15 TBD	Total Body HIIT NEW 6:05-6:50 Bobi			
				HGS 8:30-9:30											
					Pilates Mat Int* 9-9:55 Jackie						Core St.* 8:45-9:40 Ocean LAST CLASS				Pilates Mat Int* 9-9:55 Jackie
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	Yoga Flow* 9:45-10:40 Ocean LAST CLASS			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	10:30-11:25 Jackie			Rental 10:30 - 11				Rental 10:30-11	Pilates Mat Ess* Ocean 10:30-11:25 LAST CLASS		
	HGS 11:30-12:30			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			Pilates Eq.* 12-12:55 Susan	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							
				Drop in Basketball 4:30-5:55											
Group PT* 5:05-5:55 Sonja			Spin 5:15-6 Stephanie		Classic Cardio 5:30-6:30 Adele			Group PT* 5:05-5:55 Sonja	Yoga Flow* 5-5:55 Stefanie W LAST CLASS					Pilates Eq.* 5:15-6:10 Elspeth	Spin 5:15-6 NO CLASS
Heart for Life* 6-7:30 Sonja		Pilates Eq.* 5:30-6:25 Jackie			Strong by Zumba 6:45-7:45 Tina			Heart for Life* 6-7:30 Sonja	Body Sculpt 6:05-6:55 Zena sub					Barre* 5:30-6:25 Kaycie	
	Zumba 6:30-7:30 Tina													NEW Pound 6:30-7:15 Kaycie	
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.</p> <p>Ask for more details on registered classes.</p>
					Pilates Mat Int* 9-9:55 Susan								
Body Sculpt 9:30-10:30 Zena				NEW Tabata* 9:30-10:25 Marie sub									
Rental 10:30 - 11	Yoga Flow* 10-11 Stefanie W					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.* Ocean 10:30-11:25 LAST CLASS											
NEW Drop in Pickleball 3:30-5	Drop in Yoga 4-4:50 Brian sub												
Classic Cardio 5:30-6:30 Taya								Fitness in Chinese* 4-4:55 Jason CLASS MOVED TO 4PM			Drop in Yoga 4-4:55 Stefanie B.		
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

