

# Program Schedule



Feb 12-18 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 6:05-7:05 Bobi			Spin 6:15-7:15 Doug sub	rental 6:30-8:30	Rental* 7-8				Rental* 6:30-8		Spin 6:15-7:15 Hannah	Total Body HIIT 6:05-7:05 Bobi			
rental 8:30-9:30				rental 8:30-9:30				Whokey Rental* 7:30-8:30 Sept-Feb				rental 8:30-9:30		rental 8:30-9:30	
					Pilates Mat Int/Adv* 9-9:55 Jackie			rental 8:30-9:30	Core Str* 8:45-9:40 Ocean		Pilates Eq. Int* 9-9:55 Jackie			Pilates Eq. Int* 9-9:55 Jackie	
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				Cardio Mix 9:30-10:30 Zena	Yoga Flow* 9:45-10:40 Ocean				Yoga Flow* 9:30-10:25 <b>CANCELLED</b>		Spin Core* 9:30-10:30 Leanna
Rental 10:30 - 11	Pilates Mat Int/Adv* 10:30-11:25 Jackie			Rental 10:30 - 11	10:30-11:25 Jackie			Rental 10:30 - 11				Rental 10:30 - 11	Pilates Mat Ess* 10:30-11:25 Ocean		
Body Sculpt 12:05-12:55 Zena								Spin 12:10-12:50 Hannah	<b>NEW</b> Bootcamp 12:05-12:55 Sabrina		Pilates Eq. Ess* <b>NEW</b> 12-12:55 Susan	Body Works 12:05-12:40 Sonja		Pilates Eq.* 12-12:55 <b>CANCELLED</b>	Spin 12:10-12:50 Leanna
				Tabata 12:30-1:15 Sonja											
				rental 2:30-3:30										Rental* 3-4	
					Barre Flow* 4:30-5:25 <b>CANCELLED</b>										
Bodyfit by Sonja* 5:05-5:55	Drop in Yoga 5:05-5:55 Brian sub	Pilates Eq.* 5:30-6:25 Maria	Spin 5:15-6 Gilles	Drop in Basketball 4:30-5:55			Spin 5:15-6 Stephanie P	Bodyfit by Sonja* 5:05-5:55 <b>last class</b>	Yoga Flow* 5-5:55 Stefanie W		Spin 5:15-6 Ocean	Drop in Yoga 5:05-5:55 Sonja		<b>NEW TIME</b> Pilates Eq.* 5:15-6:10 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		Classic Cardio 5:30-6:30 Adele		Pilates Eq.* 5:30-6:25 <b>CANCELLED</b>	Heart for Life* 6-7:30 Sonja	Body Sculpt 6:05-6:55 Marie						
				Karate Club* 6-8	Strong by Zumba 6:45-7:45 Tina				Zumfit 7-7:55 Kaycie (sub)			Karate Club* 6-8			
				rental 8-9											
Cheer Club* 8-10:30	Dance Club* 8-10		rental 8-10:30					Cheer Club* 8-10:30	<b>NEW</b> Pound* 8:05-9 Kaycie						rental 8-10:30
					Dance Club* 8-10								Rental* 8:30-10		

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	Robert PT 8-9:30 AM			Spin 8:30-9:30 Doug					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.
rental 8:30-9:30					Pilates Mat Int* 9-9:55 Susan							Cardio Mix 10-11 Zena
Body Sculpt 9:30-10:30 Zena	<b>NEW</b> Yoga Flow* 10-11 Stefanie W	Pilates Eq. Int.* 10:30-11:25 Ocean		Group PT with Sonja* 9:30-10:25								More Core: A focus on core strengthening for an energy packed workout that will leave you feeling fit and functional.
Rental 10:30 - 11					Adult Ballet* 11-11:55 Susan							Drop in Yoga: Introductory Yoga good for those who want flexibility and relaxation.
More Core 12:05-12:55 Rick												Body Sculpt: Abs, Legs and More with a new attitude - using tubing, weights, bars, balls, balance boards, and more.
MBA Rental* 1:30-3 PM				rental 11am-5pm								Strong by Zumba: Latin-inspired strength class with easy to follow moves.
	Drop in Yoga 4-4:50 Sonja							<b>NEW</b> Group PT with Jason* 4-5	Drop in Yoga 4-4:55 Stefanie P			Zumba/Zumfit: Fun, effective, easy to follow, Latin-inspired, calorie burning dance fitness party!
Classic Cardio 5:30-6:30 Marie (sub)								<b>NEW</b> Group PT with Jason* 5-6				Body WorksTabata: Fun filled class which challenges cardiovascular, strength and flexibility.
	Dance Club* 6-8											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. See brochure for more details on registered classes.

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

