MONDAY AM	TUESDAY AM	WEDNESDAY AM	THURSDAY AM	FRIDAY AM	SATURDAY AM	SUNDAY AM
5:30-6:25 Spinning™ Studio 1 Emma	5:30-6:25 P90X™ Studio 1 Mickey	5:30-6:25 Pedal and Pump Studio 1 Emma	5:30-6:25 Get Up Strength Studio 1 Emma		7:15-8:10 Sunrise Yoga Studio 2 Sue	8:30-9:25 Power Hour Studio 2 Winston
7:30-8:25 Spinning™ Studio 1 Maria	7:15-8:10 Open Yoga Studio 2 Gail	7:30-8:25 Spinning™ Studio 1 Deb	7:15-8:10 Open Yoga Studio 2 Arielle	7:30-8:25 Barre Essential Studio 2 Kim	7:30-8:25 Spinning™ Studio 1 Deb	8:30-9:25 Spinning™ Studio 1 Larry
7:30-8:25 Open Yoga Studio 2 Janak	7:30-8:25 360 Strength Studio 1 Mickey	7:30-8:25 PiYo Studio 2 Karen J.	7:30-8:25 Body Sculpt Studio 1 Emma	7:30-8:25 Spinning Studio 1 Valerie	8:30-9:25 Spinning™ Studio 1 Anna	9:30-10:25 Insanity™ Studio 1 Shea
8:30-9:25 Power Conditioning Studio 1 Janette	8:30-9:25 Power Cross Training Studio 1 Jenn	8:30-9:25 Spinning™ Studio 1 Janette	8:30-9:25 Balance and Power Studio 2 Stephanie	8:30-9:25 Slow Flow Yoga Studio 2 Megan Z.	8:30-9:25 Insanity™ Studio 2 Matt	9:30-10:25 Stability Ball Studio 2 Stephanie
8:30-9:25 Body Sculpt Studio 2 Kim N.	8:30-9:25 Pilates Sculpt Studio 2 Karen	8:30-9:25 ZUMBA™ Studio 2 Karen	8:30-9:25 Spinning™ Studio 1 Jenn	8:30-9:25 Cardio Combo Studio 1 Karen	9:30-10:25 Barre Essential Studio 2 Deb	10:30-11:25 Dance Explosion Studio 1 Stephanie
9:30-10:25 Spinning™ Studio 1 Janette	9:30-10:25 Spinning™ Studio 1 Melinda	9:30-10:25 TBC Studio 1 Janette	9:30-10:25 Chisel Studio 1 Jenn	9:30-10:25 BODYPUMP™ Studio 1 Deb	9:30-10:25 Met Con Studio 1 Matt	10:30-11:45 CoreVinyasaYoga Studio 2 Laura
9:30-10:25 BODYPUMP™ Studio 2 Deb	9:30-10:25 Stability Ball Studio 2 Stephanie	9:30-10:25 Barre Essential Studio 2 Deb	9:30-10:45 All Level Flow Yoga Studio 2 Gail	9:30-10:25 CSC Mix! Studio 2 Loren	10:30-11:25 Zumba™ Studio 1 Karen	
10:30-11:25 ZUMBA™ Studio 1 Karen	10:30-11:25 Pilates Studio 2 Melinda	10:30-11:25 Dance Explosion Studio 2 Stephanie		10:30-11:25 Gentle Yoga Studio 2 Janak	10:30-11:45 Core Vinyasa Yoga Studio 2 Laura	

SUNDAY PM

MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM
6:00-7:00 BODYPUMP™ Studio 2 Deb	6:15-7:10 Spinning™ Studio 1 Mickey	6:00-7:00 BODYPUMP™ Studio 2 Anna		
6:15-7:10 Insanity™ Studio 1 Matt	6:30-7:25 Ripped Conditioning Studio 2 Matt		6:15-7:10 Melt! Studio 1 Matt	
		7:15-8:10 Sunset Yoga Studio 2 Arielle		

Strength and Conditioning
Improves Muscular Strength, Metabolic Rate, Balance, Flexibility, Agility

Cardiovascular Conditioning
Improves Cardiovascular Endurance, Muscular Endurance,

Mind/Body
Improves Flexibility, Muscular Strength, Core Stability, Mental Focus, Body Alignment

Dance
Improves Cardiovascular Endurance, Balance, Coordination

Interval Training
Improves Cardiovascular Endurance, Increases Metabolism, Increases Muscular Strength, Mental Focus, Core Stability

11/29/2016