

GROUP FITNESS CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:00 am Cycling Studio 3 5:15-6:00 am H ₂ O Interval Lap Pool	5:30-6:15 am Strength 45 Studio 1	5:15-6:00 am Cycling - Studio 3 5:15-6:00 am H ₂ O Interval Lap Pool 5:30-6:15 am H.I.I.T. - S. 1	5:30-6:15 am Strength 45 Studio 1	5:15-6:00 am Cycling Studio 3 5:30-6:15 am Boot Camp Studio 1	
8:00-8:45 am Cycling Studio 3	7:00-7:45 am H ₂ O Interval Lap Pool 8:30-9:30 am H ₂ O Interval 60 Lap Pool	8:00-9:00 am Tai Chi+ - Gym 8:00-8:45 am Aqua 4 Energy Lap Pool 8:30-9:30 am Yoga I-II Meditation Rm	7:00-7:45 am H ₂ O Interval Lap Pool 8:30-9:30 am H ₂ O Interval 60 Lap Pool	8:00-9:00 am Tai Chi+ - Gym 8:00-8:45 am Aqua 4 Energy Lap Pool 8:30-9:30 am Yoga I-II Meditation Rm	7:00-7:45 am H ₂ O Interval Lap Pool 8:00-8:45 am TRX* Studio 1	7:30-8:15 am H.I.I.T. Gym 8:00-9:00 am Cycle 60 Studio 3
	9:00-9:45 am Strength & Balance - S. 2 9:00-9:45 am Gentle Yoga Meditation Rm 9:15-10:00 am Body Sculpt - S. 1 9:30-10:00 am Cycle 30! - S. 3 9:45-10:30 am H ₂ O Strength Lap Pool	9:00-9:45 am H ₂ O Strength Lap Pool 9:15-10:00 am Dance Blast+ Studio 1 9:30-10:30 am Tai Chi - Gym 9:30-10:15 am Cycling Studio 3	9:00-9:45 am Strength & Balance - S. 2 9:00-10:00 am Restorative Yin Yoga Meditation Rm 9:15-10:00 am Body Sculpt Studio 1 9:45-10:30 am H ₂ O Strength Lap Pool	9:00-9:45 am H ₂ O Strength Lap Pool 9:15-10:00 am Dance Blast+ Studio 1 9:30-10:30 am Tai Chi - Gym 9:30-10:15 am Cycling Studio 3	9:15-10:15 am Chair Yoga Meditation Rm 9:15-10:00 am Body Sculpt Studio 1 9:30-10:15 am Cycling Studio 3 9:30 - 10:15 am H ₂ O Interval Lap Pool	8:30-9:15 am Strength 45 Studio 1 9:00-10:00 am Yoga I Meditation Rm 9:30-10:15 am Dance Blast Studio 1 9:30-10:15 am H ₂ O Interval Lap pool
	10:00-11:00 am Yoga I-II** Meditation Rm 10:15-11:00 am Young @ Heart Gym 10:15-11:00 am Dance Blast - S. 1 11:15 a-12:00 pm Seated Dance Blast - Studio 1 11:15 a-12:00 pm Stretch & Core Meditation Rm 11:15 a-12:00 pm Aqua 4 Energy Lap Pool	10:00-10:45 am H ₂ O Strength Lap Pool 10:15-11:00 am Complete Core Studio 1	10:15-11:00 am Young @ Heart Gym 10:15-11:00 am Dance Blast Studio 1 10:15-11:15 am Restorative Yin Yoga Meditation Rm 11:15 a -12:00 pm Aqua 4 Energy Lap Pool	10:00-10:45 am H ₂ O Strength Lap Pool 10:15-11:00 am Complete Core Studio 1 10:30-11:30 am Yoga I-II Meditation Rm 11:15 a-12:00 pm Seated Dance Blast - Studio 1	10:15-11:00 am Young @ Heart Gym 10:15-11:00 am Dance Blast Studio 1 10:30-11:30 am Yoga I-II Meditation Rm 11:15 a-12:00 pm Seated Dance Blast - Studio 1	10:30-11:30 am Yoga II-III Meditation Rm

