

MONDAY			Studio
5:00-6:00am	BodyPump	Brian	A
5:00-6:00am	RPM	Gabe/Susie	B
6:05-6:35am	CXWORX	Gabe/Susie	A
6:05-7:05am	BodyFlow	Anne	B
8:30-9:30am	Spin	Beccy	B
9:00-10:00am	Aqua Zumba	Jacqui	P
9:00-10:00am	Step/Multi-Step	Carrie	A
9:40-10:40am	Boot Camp	Diane	B
10:00-10:30am	CXWORX	Carrie	A
10:30-11:30am	BodyJam	Carrie/Willie	A
11:40-12:40pm	BodyFlow	Alisha	A
4:00-4:55pm	Fit Kids 7-12	Alt.Instr	GYM
4:30-5:00pm	CXWORX	Danna	A
5:00-5:30pm	BodyCombat - mini	Danna	A
5:30-6:30pm	RPM	Betsey	B
5:30-6:30pm	5K/10K Bound	Alt.Instr	bike path
5:35-6:35pm	BodyPump	Danna	A
6:35-7:35pm	BodyFlow	Sheila	B
6:35-7:05pm	CXWORX	Betsey	A
7:05-7:35pm	BodyAttack - mini	Anthony/Tawinan	A
7:45-8:45pm	BodyPump	Anne	A
TUESDAY			Studio
4:45-5:45am	BodyCombat	Susie	A
5:00-6:00am	RPM	Marcy	B
5:45-6:45am	BodyPump	Susie	A
7:30-8:30am	Forever Fit	Karin	A
8:30-9:30am	RPM	Michael	B
8:45-9:40am	Pilates	Shelly	A
9:00-10:30am	Hydro Power	Dava	P
9:30-10:00am	CXWORX	Michael	B
9:45-10:45am	BodyPump	Carrie	A
10:45-11:45am	BodyCombat	Carrie	A
11:50-12:20pm	CXWORX	Alisha	A
3:30-4:30pm	BodyAttack	Willie	A
4:30-5:30pm	BodyJam	Willie	A
5:00-7:30pm	Tae Kwon Do	MSTR Kim	B
5:30-6:30pm	Peak Running Crew	Ron	bike path
5:30-6:30pm	BodyVive	Anne	A
6:00-7:00pm	Aqua Aerobics Challenge	Ruth	P
6:35-7:35pm	BodyPump	Anne	A
7:45-8:45pm	Yoga	Anne	A
WEDNESDAY			Studio
5:00-6:00am	BodyPump	Brian	A
5:00-6:00am	RPM	Gabe/Susie	B
6:05-7:05am	BodyFlow	Anne	C
6:05-6:35am	CXWORX	Gabe/Susie	A
6:10-7:10am	Multi-Step	Keith	B
8:30-9:30am	Spin	Sue S.	B
8:30-9:30am	BodyAttack	Sheila/Willie	A
9:00-10:00am	Boot Camp	Diane	Gym
9:00-10:00am	Aqua Pilates	Deb	P
9:30-10:30am	BodyFlow	Teresa	A
9:35-10:05am	CXWORX	Sheila	B
12:30-1:30pm	Pilates	Frankie	A
4:00-4:30pm	CXWORX	Alisha	A
4:30-5:30pm	BodyCombat	Carrie	A
5:00-7:30pm	Tae Kwon Do	MSTR Kim	B
5:30-6:30pm	BodyAttack	Anthony/Tawinan	A
6:35-7:35pm	BodyPump	Jason/Wendy	A
7:45-8:45pm	BodyJam	Wendy/Willie	A

THURSDAY			Studio
4:45-5:45am	BodyCombat	Gabe	A
5:00-6:30am	Spin Challenge	Dave	B
5:45-6:45am	BodyPump	Gabe	A
7:30-8:30am	Forever Fit	Karin	A
8:30-9:30am	RPM	Michael	B
8:45-9:40am	Pilates	Frankie	A
9:00-10:30am	Hydro Power	Dava	P
9:45-10:45am	BodyCombat	Carrie	A
10:45-11:45am	BodyPump	Carrie	A
11:50-12:20pm	CXWORX	Carrie	A
4:00-4:25pm	Fit Kids 3-6	Alt. Instr.	GYM
4:30-5:30pm	BodyCombat	Traci	A
5:30-6:30pm	5K/10K Bound	Alt. Instr.	bike path
5:30-6:30pm	RPM	Marcy	B
5:30-6:30pm	Aqua Zumba	Jacqui	P
5:30-6:30pm	BodyPump	Traci	A
6:30-7:00pm	CXWORX	Michael	B
6:45-7:45pm	BodyVive	Anne	A
7:45-8:45pm	BodyFlow	Anne	A
FRIDAY			Studio
5:00-6:00am	BodyPump	Brian	A
5:00-6:00am	RPM	Gabe/Susie	B
6:05-6:35am	CXWORX	Gabe/Susie	A
6:10-7:10am	Multi-Step	Keith	B
8:00-9:00am	BodyPump	Betsey	A
9:00-10:00am	RPM	Betsey	B
9:00-10:00am	Boot Camp	Diane	A
9:00-10:00am	Aqua Aerobics	Julie	P
10:00-10:30am	Core Challenge	Diane	A
10:30-11:30am	BodyJam	Teresa	A
11:40-12:40pm	BodyFlow	Teresa	A
4:30-5:30pm	BodyCombat	Alt. Instr.	A
5:00-7:30pm	Tae Kwon Do	MSTR Kim	B
5:30-6:00pm	CXWORX	Alt. Instr.	A
6:00-6:30pm	BodyAttack - mini	Renee	A
SATURDAY			Studio
7:00-8:00am	BodyCombat	Alt. Instr.	A
7:30-9:00am	Aqua Aerobics Challenge	Ruth	P
8:00-9:00am	BodyPump	Alt. Instr.	A
8:30-10:00am	Spin Challenge	Alt. Instr.	B
9:10-10:10am	BodyCombat	Alt. Instr.	A
10:15-11:15am	BodyAttack	Willie	A
11:20-12:20pm	BodyVive	Anne	A
12:30-1:00pm	CXWORX	Alt. Instr.	A
SUNDAY			Studio
7:00-7:30am	CXWORX	Michael	A
7:30-8:30am	RPM	Michael	B
8:30-9:30am	Yoga	Anne	A
9:35-10:35am	BodyPump	Anne	A
9:30-11:00am	Hydro Power	Dava	P
10:45-11:45am	BodyFlow	Anne	A
1:00-2:00pm	Zumba	Jacqui	A
2:00-3:00pm	BodyAttack	Ally/Renee	A
3:00-4:00pm	BodyJam	Alt. Instr.	A
4:05-5:05pm	BodyPump	Jason	A
5:05-6:05pm	BodyCombat	Jason/Jen	A

A - Main Studio B - Cycling Studio C - Mind/Body Studio P - Pool



Kids Zone Hours: Monday - Friday 8am - 8pm

Saturday 8am - 4pm Sunday 12pm - 4pm