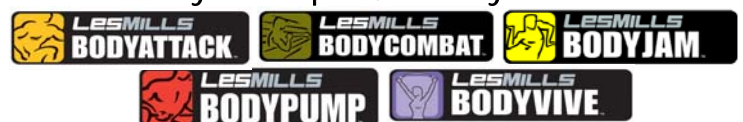


MONDAY			Studio
5:00-6:00am	BodyPump	Brian K.	A
6:15-7:15am	BodyCombat	Wendy	A
8:30-9:30am	Spin	Beccy	B
8:30-9:00am	Beginner Step	Wendy	A
9:00-10:00am	Aqua Zumba	Jacqui	P
9:00-10:00am	Step/Multi-Step	Carrie	A
10:00-10:30am	Abs, Hips & Thighs	Carrie	A
5:00-5:30pm	BodyCombat	Danna	A
5:30-6:30pm	5K/10K Bound	Alt.Instr	bike path
5:00-6:00pm	Tae Kwon Do	MSTR Kim	B
6:00-7:00pm	Spin	Betsey	B
5:35-6:35pm	BodyPump	Danna	A
6:40-7:40pm	BodyAttack	Sheila	A
7:45-8:45pm	BodyPump	Anne	A
TUESDAY			Studio
4:45-5:45am	BodyCombat	Susie	A
5:00-6:30am	Spin Challenge	Marcy	B
5:45-6:45am	BodyPump	Susie	A
8:30-9:30am	Pilates	Shelly	A
9:00-10:00am	Fit Kids - Ages 7-12	Alt.Instr	GYM
9:35-10:35am	BodyPump	Carrie	A
10:40-11:40am	BodyCombat	Carrie	A
4:30-5:30pm	Cardio Mix	Keith	A
5:30-6:30pm	Peak Running Crew	Ron	bike path
5:30-6:30pm	Spin	Pilar	B
5:30-6:30pm	BodyVive	Anne	A
6:35-7:35pm	BodyPump	Anne	A
7:45-8:45pm	Yoga	Anne	A
WEDNESDAY			Studio
5:00-6:00am	BodyPump	Brian K.	A
6:15-7:15am	Multi-Step	Keith	A
8:30-9:30am	Spin	Sue S.	B
9:00-10:00am	Aqua Pilates	Deb/Julie	P
9:00-10:00am	BodyAttack	Sheila	A
10:00-10:30am	Core Challenge	Sheila	A
10:30-11:30am	Boot Camp	Diane	A
4:30-5:30pm	BodyCombat	Carrie	A
5:30-7:30pm	Tae Kwon Do	MSTR Kim	B
5:30-6:30pm	Adult Hip Hop Jam	Nnanna	A
6:35-7:35pm	BodyAttack	Anthony	A
7:40-8:40pm	BodyPump	Wendy	A

THURSDAY			Studio
4:45-5:45am	BodyCombat	Gabe	A
5:00-6:30am	Spin Challenge	Brian H.	B
5:45-6:45am	BodyPump	Gabe	A
8:30-9:30am	Pilates	Frankie	A
9:00-9:30am	Fit Kids - Ages 3-6	Alt. Instr.	GYM
9:35-10:35am	BodyCombat	Carrie	A
10:40-11:40am	BodyPump	Carrie	A
4:30-5:30pm	BodyCombat	Traci	A
5:30-6:30pm	5K/10K Bound	Alt. Instr.	bike path
5:30-6:30pm	Spin	Alt. Instr.	B
5:30-6:30pm	BodyPump	Traci	A
6:45-7:45pm	BodyVive	Anne	A
7:45-8:45pm	Yoga	Anne	A
FRIDAY			Studio
5:00-6:00am	BodyPump	Brian K.	A
6:15-7:15am	Multi-Step	Keith	A
8:30-9:30am	Spin	Betsey	B
9:00-10:00am	Boot Camp	Diane	A
9:00-10:00am	Aqua Aerobics	Julie/Deb	P
10:00-10:30am	Core Challenge	Diane	A
4:30-5:30pm	BodyCombat	Alt. Instr.	A
5:30-6:30pm	Adult Hip Hop Jam	Nnanna	A
6:35-7:35pm	BodyAttack	Tawinan	A
5:30-6:30pm	Tae Kwon Do	MSTR Kim	B
6:30-7:30pm	TKD - Adults only	MSTR Kim	B
SATURDAY			Studio
8:00-9:00am	Aqua Aerobics Challenge	Ruth	P
8:00-9:30am	Spin Challenge	Alt. Instr.	B
8:00-9:00am	BodyPump	Alt. Instr.	A
9:10-10:10am	BodyCombat	Alt. Instr.	A
10:15-11:15am	BodyPump	Alt. Instr.	A
11:20-12:20pm	BodyVive	Anne	A
12:30-1:30pm	Adult Hip Hop Jam	Nnanna	A
SUNDAY			Studio
8:30-9:30am	Yoga	Anne	A
9:35-10:35am	BodyPump	Anne	A
4:05-5:05pm	BodyPump	Alt. Instr.	A

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

Saturday 8am-2pm / Sunday closed



*BodyJam will start Friday, July 16th

Classes and Instructors subject to change

Studio A - Main Fitness Studio Studio D - Game Room
 Studio B - Spin Studio Studio E - Small Studio
 Studio C - Mind/Body Studio P - Pool