

Group Fitness Schedule

Effective 01-01-17

Time	Class	Instructor	Time	Class	Instructor
MONDAY			THURSDAY		
7:30-8:30 AM	Pilates	Morgana	7:00-8:00 AM	Ultimate Conditioning	Marsha
9:00-10:00 AM	Slow Flow Yoga	Melissa	8:45-10:00 AM	Slow Flow Yoga	Brian
10:05-11:05 AM	Ultimate Conditioning	Gretchen	10:00-11:00 AM	Cardio Dance Re-MIX!	Shira
1:15-2:15 PM	Feldenkrais	Richard	11:00-12:00 PM	Tai Chi	Lois
4:00-5:00 PM	Sculpt and Tone	Nicole	12:15-1:45 PM	YIN Yoga	Bob
5:30-6:30 PM	Slow Flow Yoga	Shelly	5:30-6:30 PM	Zumba ®	Brittany
6:30-7:15 PM	Cycle	Mike	6:30-7:30 PM	PLYO Power	Sarah
6:30-7:30 PM	Zumba ®	Aline	7:30-8:30 PM	Belly Dancing	Ofelia
7:30-8:30 PM	Bootcamp	Marsha	7:30-8:15 PM	Cycle	Toni
TUESDAY			FRIDAY		
7:00-8:00 AM	Cardio Kickboxing	Marsha	7:30-8:30 AM	Cardio Pilates Fusion	Abby
10:00-11:00 AM	Low Impact	Nicole	9:00-10:00 AM	Cardio Ballet	Emily
11:00-12:00 PM	Vinyasa Flow Yoga	Abby	10:00-11:00 AM	Zumba ®	LilyAnn
1:00-2:00 PM	Tai Chi	Christina W.	11:30-12:45 PM	Feldenkrais	Kira
2:15-3:45 PM	YIN Yoga	Bob	4:00-5:00 PM	Sculpt and Tone	Nicole
6:00-7:00 PM	Cardio Dance Re-MIX!	Shira	5:30-6:30 PM	Flow and Chill Yoga	Abby
7:30-8:15 PM	Cycle	Mike	6:30-7:15 PM	Cycle	Jorge
7:30-8:30 PM	Flow and Chill Yoga	Shelly	SATURDAY		
8:30-9:00 PM	Meditation	Shelly	9:00-10:00 AM	Lean Machine	Ben
WEDNESDAY			10:00-11:00 AM	Cardio Sculpt	Gretchen
7:00 -7:45 AM	Cycle	Rebecca	10:00-10:45 AM	Cycle	Mike
8:00-9:00 AM	Vinyasa Flow Yoga	Ashley	11:15-12:15 PM	Vinyasa Flow Yoga	Abby
10:00-11:00 AM	Interval Sculpt	Sarah	12:30-1:30 PM	Cardio Kickboxing	Marsha
11:00-12:15 PM	Hatha Yoga	Nina	SUNDAY		
5:30-6:30 PM	Feldenkrais	Richard	9:00-9:45 AM	Sculpt and Tone	Nicole
6:30-7:15 PM	Cycle	Christina J.	9:30-10:15 AM	Cycle	Katrina
6:30-7:30 PM	Pilates Fusion	Abby	9:45-10:30 AM	Step and Tone	Nicole
7:30-8:30 PM	Zumba ®	Aline	10:30-11:15 AM	Cycle	Katrina
			10:30-11:30 AM	Pilates Fusion	Laurie
			11:30-12:45 PM	Hatha Yoga	Maji
			2:00-3:00 PM	Tangocise	Fran
			5:30-6:30 PM	Ultimate Conditioning	Valerie

New Year, New YOU

Personal Training Special:

10% off of 16-hour package or higher

CLUB HOURS

Monday-Thursday 5:30 AM-11 PM

Friday 5:30 AM-9 PM

Saturday/Sunday 7:30 AM-9 PM