

# Temporary Fitness Class Schedule January 16<sup>th</sup> – February 29<sup>th</sup>

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>New Class!</b> <b>6-7am</b> <b>Spin+</b> <b>Elaine</b>	6-7am Yoga Gayle	<b>New Class!</b> <b>6-7am</b> <b>Spin+</b> <b>Christina F</b>	6-7am Yoga Gayle		<b>New Class!</b> <b>8-9am</b> <b>Spin</b> <b>Elaine</b>	
8:30-9:30am Yoga Christina G	8-9am Spin+ Sherry	8:30-9:30am Yoga Christina G	8-9am Boot Camp (Track) Christina G	8-9am Boot Camp Christina G	8-9am Yoga Gayle	8:30-9:30am Yoga Gayle
9:30-10:30am Spin+ Ivy	9-10am Kickboxing Sherry	9:30-10:30am Spin+ Ivy	9-10am Yoga Gayle	9:30-10:30 Spin+ Ivy	9-10am Kickboxing Stephen	9:30-10am Meditation Gayle
9:30-10:30am Sculpt Jade	10-11am Sculpt Christina G	9:30-10:30am Zumba Jade	10am-11am Spin+ Christina G	9:30-10:30 Sculpt Christina G	9-9:55am Spin+ Katie	9:30-10:25am Spin+* Katie
10:45-11:45am Stronger Seniors Ellen	11-12pm Zumba Jade	10:00-12:00pm Senior Volleyball		<b>New Time!</b> <b>11:00-12:00</b> <b>Tai Chi</b> <b>Stephen</b>	Zumba Toning\$ 9-10am Katie	10:30-11:30am Spin+ Katie
	12-1pm Zumba Gold Jade	10:30-11:30am Sculpt Sherry	1:30-2:30pm Gentle Yoga Marcia	<b>New Time!</b> <b>12:00-1:00</b> <b>Zumba</b> <b>Gold</b> <b>Jade</b>	10am-11am Zumba Katie	10:30-11:30am Sculpt Gayle
	1-2pm Tai Chi Stephen					
	4:30-5:30pm Zumbatonics 4-7yr olds Katie	12-1pm Stronger Seniors Dave			10am-11am Prenatal Fitness\$ Emily	
4:30-5:30pm Sculpt Annemarie		Zumbatonics 8-12yr olds 4:30-5:30 Katie	Yoga \$ 8-12yr olds 4:30-5:30pm Diane	Yoga \$ 13-16yr olds 4:30-5:30pm Diane	Prenatal Yoga \$ 11am-12pm Gayle	
6-7pm Spin+ Elaine	4:30-5:30 Spin+ Christina	4:30-5:30pm Sculpt Gayle	4:30-5:30pm Yoga Maria	<b>New Class!</b> <b>6-7pm</b> <b>Pilates</b> <b>Marcy</b>		
		5:30-6pm Ab Blast Gayle				
6-7pm Zumba Jr	6-7pm Sculpt Sherry	6-7pm Sculpt Elaine	6-7pm Kickboxing Stephen			
	6-7pm Kickboxing \$ Stephen					
7-8pm Yoga Maria	6-7pm Spin+ Ivy	7-8pm Yoga Marcy	6-7pm Zumba Katie	<b>Child Watch Hours</b> <b>Monday-Friday</b> <b>8:30am-1:00pm, 4:00pm-8:00pm</b> <b>Saturday</b> <b>7:30am-1:30pm</b> <b>Sunday</b> <b>8:30am-12:30pm</b>		
7-8pm Tai Chi Stephen	7-8pm Pilates Marcy	7-8pm Spin+ Elaine	7-8pm Spin+ Katie			
8-9pm Kickboxing Stephen	8-9pm Zumba Jade	8pm-9pm Zumba Jade	7-8pm Sculpt Elaine			
	7-8pm Ballroom \$ Dancing Maria					

**\*\*All classes are beginner to advanced friendly.\*\***

**\*\*Admittance to classes will not be permitted 5 minutes after the start of the class.\*\***

**\*This class is part of our triathlon program.**

**+ Indicates sign in sheet is at the front desk 30 minutes prior to class.**

**\$ Program Fee Required**