



FITNESS CLASS SCHEDULE

DAY	TIME	CLASS	INSTRUCTOR	LENGTH	LOCATION
Monday	05:45 AM	Step & Stretch	Susan	45 min	GEX
	09:15 AM	Total Fitness	Patti	60 min	GEX
	10:30 AM	Cycle/Circuit	Kristy	60 min	GEX/Spin
	06:00 PM	Spin	Rena	60 min	Spin
	06:00 PM	Boxing Boot Camp	Ray	60 min	GEX
	07:00 PM	Yoga	Rena	60 min	GEX
Tuesday	05:45 AM	Total Fitness	Diane	45 min	GEX
	09:15 AM	Yogalates	Angela	60 min	GEX
	12:00 PM	Uppercut	Ray	60 min	GEX
	06:00 PM	Total Fitness	Shelia	60 min	GEX
	07:00 PM	Pilates	Kay Lynn	60 min	GEX
Wednesday	05:45 AM	Cardio Combo	Susan	45 min	GEX
	08:30 AM	Body Blast	Gretchen	30 min	GEX
	09:15 AM	Balletlates	KayLynn	60 min	GEX
	11:30 AM	Tabata	Towanda	30 min	GEX
	06:00 PM	HIIT	Towanda	30 min	GEX
	06:30 PM	POUND	Nicole	45 min	GEX
Thursday	05:45 AM	Total Fitness	Diane	45 min	GEX
	08:30 AM	Yoga	Gretchen	40 min	GEX
	09:15 AM	Barre & Sculpt	Angela	60 min	GEX
	06:00 PM	Spin	Patti P	60 min	Spin
Friday	05:45 AM	Yoga & Stretch	Susan	45 min	GEX
	08:00 AM	Boxing Conditioning	Ray	60 min	GEX
	09:15 AM	POUND	Towanda	45 min	GEX
Saturday	08:10 AM	Core & More	Ray	60 min	GEX
	09:15 AM	Barre	Rhoda	60 min	GEX
	10:30 AM	Pilates	Rhoda	60 min	GEX

Location Key: GEX -Group Ex Studio Downstairs POOL-Adult
Spin -Spin Room Downstairs