

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|--|--|
| 5:45am - 6:30 am Spinning w/Deb | 5:15 am - 6:00 am Spinning w/Nancy | 5:45 am - 6:30 am Spinning w/Deb | 5:15 am - 6:00 am Spinning w/Emily | 5:45 am - 6:30 am Spinning w/Deb | **7:15 am - 8:30 am Spin & Sculpt w/Deb | 7:30 am - 8:30 am Spinning w/Emily |
| 6:00 am - 6:45 am Bootcamp w/Nancy (gym) | 6:00 am - 6:30 am Body Defined Express w/Meghan/Kate | 6:00 am - 7:00 am Bootcamp w/Ellen (gym) | 6:00 am - 6:30 am Strength Train Together Express w/Alli | 6:30 am - 7:30 am Grp. Strength Express w/Deb | **8:30 am - 9:15 am Cardio Kickbox Blast w/Deanna | **8:30 am - 9:30 am Strength Train Together w/Chris (gym) |
| 6:30 - 7:30 am Grp. Strength w/Deb | 6:30 am - 7:00 am Strong 30 w/Meghan/Kate | **6:30 am - 7:30am Strength Train Together w/Deb | 6:30 am - 7:00 am Cardio HIIT Express w/Alli | 7:30 am - 8:20 am Spinning w/John | 8:45 am - 9:45 am Bootcamp w/Melissa (gym) | 8:30 am - 9:00 am Bosu Express w/Kate |
| | 7:30 am - 8:20 am Spinning w/John | | | | 9:15 am - 9:45 am Strong 30 w/Deanna | 9:00 am - 10:00 am Body Defined - Fire Up w/Kate |
| 8:00 am - 8:45 am Silver Sneakers w/Jessie | Strength Train Together w/Deanna (gym) | **8:45 am - 9:45 am Barre w/Meghan | 8:00 am - 8:45 am Silver Sneakers w/Jessie | 8:30 am - 9:30 am Body Defined w/Mel | 9:45 am - 10:45 am ZUMBA w/Ginny/Meghan | 12:00 pm - 1:00 pm Yoga w/ Inglis |
| 9:00 am - 10:00 am Bootcamp w/Ellen (gym) | 8:30 am - 9:30 am HIIT - All Levels w/Mel | 9:00 am - 10:00 am Bootcamp w/Ellen (gym) | **9:00 am - 10:00 am Strength Train Together w/Alli (gym) | 9:00 am - 10:00 am Strong by ZUMBA w/Kate/Deanna (gym) | | |
| **9:00 am - 10:00 am Body Defined w/Kate | 10:15 am - 11:00 am Lo Impact Aerobics w/Kate (gym) | **9:45 am - 10:45 am Yoga - All Levels Vinyasa w/Mel (FTR) | **9:00 am - 10:00 am Cardio Kickbox w/Deanna | 9:45 am - 10:45 am Yoga - all levels Vinyasa w/Mel | | |
| 10:15 am - 11:15 am Pilates Basic Mat Fusion w/Kate | 9:45 am - 10:45 am Intro to Yoga w/Mel | **10:00 am - 11:00 am ZUMBA w/ Meghan | 10:00 am - 10:15 am 15 Min. Ab Blast | 10:15 - 11:00 LIFT w/Mary (gym) | | |
| 10:15 am-11:00 am Silver Sneakers Classic w/Alli (gym) | ##11:15 am - 12:00 pm Move For Better Balance w/Kate (Wellness Room) | | 10:00 am - 10:30 am Barre Sport Xpress w/Kate | | | |
| | 11:15 am - 12:00 pm Silver Sneakers Circuit w/Mary (gym) | | 10:30 am - 11:00 am Pilates Fusion Xpress w/Kate | | | |
| | ##2:15 pm - 3:00 pm Move for Better Balance w/Mary (Wellness Room) | | 10:15 am - 11:00 am Lo Impact Aerobics w/Melissa (gym) | | | |
| | | | ##11:15 AM - 12:00 PM Move for Better Balance w/Kate (Wellness Room) | | | |
| | | | 11:15 am - 12:00 pm Silver Sneakers Classic w/Mary | | | |
| **5:00 pm - 5:15 pm Intro to Spinning w/Nancy | 3:00 pm - 4:30 pm Hope is Power II w/Lisa and Linda | 5:00 pm - 6:00 pm Interval Ride w/Emily | ##2:15 pm - 3:00 pm Move for Better Balance w/Mary (Wellness Room) | 5:00 pm - 6:00 pm Spinning w/Emily/John | 4:00 pm - 5:00 pm Yoga w/Chris K. | |
| **5:15 - 6:00 pm Spinning w/Nancy | 6:00 pm - 7:00 pm 20X3 w/Kate (gym) | 5:00 pm - 6:00 pm Yoga - All Levels w/Nancy (FTR) | 3:00 pm - 4:30 pm Hope is Power II w/Lisa and Linda | | | |
| 6:00 pm - 7:00 pm ZUMBA Toning w/Ginny | 6:30 pm - 8:00 pm Intermediate Pilates and Sculpt w/Dale | 6:00 - 6:45 pm Locomotion - w/Melissa | 6:00 pm - 7:00 pm ZUMBA Toning w/Ginny | | | |
| **7:00 pm - 8:00 pm Cardio Kickboxing w/Deanna | 7:00 pm - 8:00 pm Yoga w/Chris K. (gym) | **7:00 pm - 8:00 pm Strength Train Together w/Melissa | 6:00 pm - 6:45 pm Circuit Rush w/ Phil (gym) | | | |
| | | | 6:30 pm - 7:30 pm Pilates Fusion w/Kate (FTR) | | | |
| | | | 7:00 pm - 7:45 pm Spinning w/Emily | | | |

All classes are drop in unless noted below and held in the Wellness Room unless otherwise noted above. FTR (Functional Training Room) is located downstairs next to the fitness center

****THIS IS A TICKETED CLASS. NO ONE WILL BE ADMITTED WITHOUT A TICKET. TICKETS ARE FIRST COME FIRST SERVE ONLY AND CAN BE PICKED UP AT FRONT DESK 30 MINS. PRIOR TO START TIME ONLY!!!!**

##THIS CLASS REQUIRES PAPERWORK AND A MOVEMENT ASSESSMENT PRIOR TO ATTENDING (SEE INSTRUCTOR)