

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>UPDATED 1/31/2025 STRENGTH AND AGILITY ROOM</b>					
7:00am to 7:30am	<b>TAI CHI</b> <i>with BARB</i>		<b>TAI CHI</b> <i>with BARB</i>			
8:00am to 9:00am	<b>STEP-FLEX</b> <i>with BARB</i>		<b>CHAIR YOGA</b> <i>with BARB</i>		<b>PILATES/FLEX</b> <i>with STACY</i>	8:30am – 930am <b>INTRO 2 CROSSFIT</b> <i>with ANGELA</i>
9:00am to 10:00am	<b>MULTI LEVEL BOOTCAMP</b> <i>with MARNI</i>	<b>INTRO 2 CROSSFIT</b> <i>with ANGELA</i>	<b>BOOTCAMP (Tone/Core)</b> <i>with MARNI</i>	<b>INTRO 2 CROSSFIT</b> <i>with ANGELA</i>	<b>BOOTCAMP</b> <i>with STACY</i>	
10:00am to 11:00am		<b>TONE STRETCH</b> with <i>BARB</i>				
5:30pm to 6:30pm	<b>VINYASA/POWER FLOW</b> with <i>BRIE</i>	<b>CIRCUIT CONDITIONING</b> <i>with HANNAH</i>	<b>TRX®</b> <i>with KRAMER</i>	<b>CIRCUIT CONDITIONING</b> <i>with HANNAH</i>		
6:30pm to 7:30pm		<b>INTRO 2 CROSSFIT</b> <i>with ANGELA</i>		<b>INTRO 2 CROSSFIT</b> <i>with ANGELA</i>		

### SPINNING ROOM

6:00am to 7:00am	<b>STRENGTH &amp; INTERVAL TRAINING</b> <i>with STACY</i>		<b>STRENGTH &amp; INTERVAL TRAINING</b> <i>with STACY</i>			
7:00am to 8:00am	<b>PILATES/FLEX</b> <i>with STACY</i>		<b>VINYASA and YIN</b> <i>with STACY</i>			
8:00am to 9:00am	<b>YOGA</b> <i>with MARNI</i>	<b>SILVER SNEAKERS</b> <i>with BARB</i>	<b>YOGA</b> <i>with MARNI</i>	<b>YOGA/SCULPT</b> <i>with LAURA</i>		
9:00am to 10:00am	<b>STEP/ SCULPT</b> <i>with CHRISTINE</i>	<b>BAR STRETCH</b> <i>with BARB</i>	<b>STEP &amp; SCULPT</b> <i>with CHRISTINE</i>		<b>STEP/SCULPT</b> <i>with CHRISTINE</i>	
10:00am to 11:00am	<b>SS STRENGTH/CARDIO</b> <i>with BARB</i>		<b>SPIN / LINE DANCE</b> with <i>BARB</i>			
5:30pm to 6:30pm	<b>RESISTANCE BANDS/STRENGTH &amp; CARDIO</b> <i>with KRAMER</i>		<b>YOGA FOUNDATION / GENTLE FLOW</b> <i>with BRIE</i>	<b>VINYASA / POWER FLOW</b> with <i>BRIE</i>		
6:30pm to 730pm	<b>STRENGTH/CORE YOGA</b> <i>with KRAMER</i>					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>GROUP EXERCISE ROOM</b>					
5:15am to 6:15am	<b>POUND</b> <i>with MELISSA</i>	<b>STRONG NATION</b> <i>with MELISSA</i>	<b>CARDIO KICKBOXING</b> <i>with MELISSA</i>	<b>STRONG NATION</b> <i>with MELISSA</i>	5:15-6:15 <b>STRENGTH/TONING</b> <i>with MELISSA</i> 6:15-7 <b>POUND</b> <i>with MELISSA</i>	
7:00am to 8:00am	<b>BODY PUMP</b> <i>with LAURA</i>	<b>FULL BODY TONING</b> <i>with CHRISTINE</i>	<b>BARRE</b> <i>with LAURA</i>	<b>FULL BODY TONING</b> <i>with CHRISTINE</i>	<b>CARDIO KICKBOXING</b> <i>with LAURA</i>	<b>CARDIO KICKBOXING</b> <i>with MELISSA</i>
8:00am to 9:00am	<b>CARDIO KICKBOXING</b> <i>with LAURA</i>	<b>ZUMBA</b> <i>with CHRISTINE</i>	<b>CARDIO KICKBOXING</b> <i>with LAURA</i>	<b>ZUMBA</b> <i>with CHRISTINE</i>	<b>YOGA</b> <i>with LAURA</i>	<b>ZUMBA</b> <i>with LAURA</i>
9:00am to 10:00am	<b>ZUMBA</b> <i>with EDITH</i>	<b>ZUMBA TONE ®</b> <i>with CHRISTINE</i>	<b>ZUMBA</b> <i>with EDITH</i>	<b>ZUMBA TONE ®</b> <i>with CHRISTINE</i>	<b>ZUMBA</b> <i>with EDITH</i>	<b>VINYASA and YIN YOGA</b> <i>with LAURA</i>
10:00am to 11:00am	<b>YIN &amp; RESTORE YOGA</b> <i>with MARNI</i>	<b>PILATES &amp; YOGA STRETCH</b> <i>with CHRISTINE</i>	<b>YIN &amp; RESTORE YOGA</b> <i>with MARNI</i>	<b>PILATES &amp; YOGA STRETCH</b> <i>with CHRISTINE</i>	<b>YIN &amp; RESTORE YOGA</b> <i>with STACY</i>	<i>Racquetball Court:</i> <b>MON. / WED</b> <b>9:00-10:00</b> <b>YOGALATES w</b> <b>BARB</b>
11:15am to 12:15pm	<b>ARTHRITIS CLASS</b> <i>with LAURA</i>	<b>EASY CARDIO STRETCH</b> <i>with LAURA</i>	<b>MOVIN &amp; GROOVIN</b> <i>with BARB</i>	<b>EASY CARDIO STRETCH</b> <i>with LAURA</i>	<b>ARTHRITIS CLASS</b> <i>with LAURA</i>	
1:00pm to 2:00pm						
2:00pm to 3:00pm						
4:30pm to 5:30pm						
5:30pm to 6:30pm	<b>ZUMBA</b> <i>with EDITH</i>	<b>ZUMBA</b> <i>with EDITH</i>	<b>ZUMBA</b> <i>with EDITH</i>	<b>ZUMBA</b> <i>with EDITH</i>		
6:30pm to 7:30pm						