

SUN	MON	TUE	WED	THU	FRI	SAT	
<div style="border: 2px solid red; padding: 10px; text-align: center;"> <h2 style="margin: 0;">ATTENTION!!</h2> <h2 style="margin: 0;">SCHEDULE CHANGE</h2> </div> <p>Sundays — *New* 3:05 Pilates/Yoga Fusion in Studio 3 Mondays — *New* 5:00 POUND in studio 3 Tuesdays— 4:30 POUND moved to Mondays at 5:00 *New* 4:30 Pilates/Yoga Fusion in studio 3 Wednesdays— *New* 8:00-8:45 Gentle Flow Yoga</p>		<div style="border: 2px dashed blue; padding: 10px;"> <h2 style="margin: 0;">Effective Sept. 1st</h2> <h2 style="margin: 0;">Online Sign -Ups</h2> <h2 style="margin: 0;">Barre</h2> <h2 style="margin: 0;">BodyFlow</h2> <h2 style="margin: 0;">Spin</h2> </div>			<p>6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)</p>	<p>Allison Shana Carla Sunny Kristi Carla Alesia Kristi Kate Lori Pam Lara Alesia Stephanie Debbie Julie Debbie Julie Danielle</p>	<p>1 2</p> <p>8:00 BST (1) 8:00 POUND (3) 8:00 SPIN-RPM (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)</p> <p>Stephanie Ashleigh Megan Donna Ashleigh Stephanie/Megan Donna Eric Kate Eric Susan Ildiko</p>
<p>11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:05 Barre (3) 2:55 BP (1) 3:05 PYF (3) 4:00 Zumba/CD (1) 4:05 BF (3)</p>	<p>3</p> <p>Carla Katie Allison Alesia Ashley Susan Ashley Wendy Julie Ashleigh</p>	<p>4</p> <p>Club Hours 7:00am-6:00pm</p> <p>9:00 BP (1) 9:00 Spin (2) 9:00 Barre (3) 9:00 Aqua (P) 10:00 Zumba/CD(1) 10:00 BF (3)</p> <p>Danielle Lara Chloe Katie Ildiko Danielle</p>	<p>5</p> <p>Kate Lara Stephanie Cindy Shana Kari Cassie Susan Ashley Susan Shannon/Ashley Karen K Sunny Ashley Chloe Debbie Kari Alesia Karen Karen Kate Ashley Rebecca Chloe</p>	<p>6</p> <p>Nancy Lara Sunny Lori Donna Karen Sunny Donna Shana Karen Shana Stephanie Bill/Linda Katie Jane Bill/Linda Susan Linda Julie Megan Kristi Allison Debbie</p>	<p>7</p> <p>Nancy Debbie Kari Kate Chloe Linda Lara Debbie Stephanie/Lara Cassie Mary Alex Nancy Ashley Sunny Alesia Kristi Kristi Ashley Ildiko</p>	<p>8</p> <p>Kate Nancy Megan Lori Wendy Lara Kristi Wendy Stephanie Sunny Kate Nancy Stephanie Cassie Lori Chloe Julie Lori Shana Ashley</p>	<p>9</p> <p>Alesia Kristi Kari Donna Kristi Stephanie/Megan Donna Shana Sommer Kate Shana Allyson</p>



(1) = Studio #1 (2) = Studio #2 (3) = Studio #3 (P) = Pool

All classes are 50-55 minutes in length Unless otherwise noted with a number after (ie... BST/BP 90, class is 90 minutes in length)

BA=BodyAttack	BC= BodyCombat	BF=BodyFlow	BP=BodyPump	BST=Body Step	BSS=Bosu, Stability, Strength	CS=Cardio Step	FF=Forever Fit	GL=Go Low
HIIT=High Intensity Interval Training		KB=Kickboxing	M&M=Metabolic Meltdown		PYF = Pilates Yoga Fusion	PL=Pilates	PM=Pure Muscle	T&B=Tone & Balance
Indoor Cycling.....					SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training		Spin-RPM—Les Mills Indoor Cycling Program	

10	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:05 Barre (3) 2:55 BP (1) 3:05 PYF (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Lara Nancy Mary Alex Karen Ashley/Linda Karen Danielle Wendy Cassie Danielle	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba/CD (1)	Ashley Kari Chloe Lara Jane Stephanie Carla Cassie Stephanie Carla Sunny Pam Katie Lori Pam Alesia Allyson Shannon Stacie Kristi Wendy Stacie Chris O Ildiko	11	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 PYF (3) 5:30 BF (3) 5:45 PM 45 (1) 6:00 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Ashley Lara Kate Jane Stephanie Kate Cassie Eric Susan Cassie/Lara Karen K Shana Sommer Chloe Debbie Kari Stephanie Sunny Mary Alex Megan Ashley Mary Alex	12	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:00 Gentle Flow Yoga(3) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Allison Nancy Shana Julie Donna Karen Shana Donna Shana Karen Lori Sunny No Class Katie Stephanie No Class Susan Mary Alex Olga Ashley Kristi Megan Wendy Debbie	13	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba/CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	Stephanie Stephanie Lara Katie Chloe Danielle Sunny Debbie Cassie/Ashley Julie Mary Alex Nancy Ashley Linda Alesia Kristi Linda Rebecca Ildiko	14	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)	Kate Shana Megan Wendy Lori Kristi Alesia Wendy Sunny Alesia Nancy Ashley Linda Alesia Julie Debbie Julie Allison	15	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Carla Megan Stephanie Linda Courtney Carla/Megan Debbie Kate Kristi Mary Alex Susan Ildiko	16
17	11:30 BST/BP 90 (1) 12:00 SPIN-RPM (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:05 Barre (3) 2:55 BP (1) 3:05 PYF (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Carla Ashley Eric Shana Courtney Shana Nancy Ashleigh Ildiko Linda	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 Core (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba/CD (1)	Ashley Nancy Shana Lara Stephanie Deb Shana Eric Stephanie Sunny Eric Pam Katie Lori Pam Shana Kristi Kate Stacie Kristi Wendy Stacie Chris O Ildiko	18	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 PYF (3) 5:30 BF (3) 5:45 PM 45 (1) 6:00 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Kate Lara Debbie Cindy Shana Kari Cassie Shana Susan Ashley/Cassie Stephanie Sunny Allison Cassie Debbie Kari Alesia Karen Karen Mary Alex Ashley Rebecca/Linda Mary Alex	19	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:00 Gentle Flow Yoga(3) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Nancy Kari Lori Shana Donna Karen Shana Donna Karen Julie Sunny Bill/Linda Ashley Katie Bill/Linda Susan Linda Ildiko Megan Kristi Stacie Alesia Debbie	20	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 9:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba/CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 SH'BAM (1)	Nancy Kate Lori Katie Kate Linda Sunny Debbie Cassie/Stephanie Julie Kate Nancy Ashley Mary Alex Alesia Kristi Kristi Rebecca Allyson	21	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)	Allison Lara Megan Sunny Wendy Danielle Shana Wendy Kate Lori Stephanie Alesia Jane Debbie Julie Debbie Alesia Stacie	22	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Sarah Kristi Jane Linda Kristi Danielle/Stacie Debbie Ashley Sommer Sommer Sunny Julie	23
24	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:05 Barre (3) 2:55 BP (1) 3:05 PYF (3) 4:00 Zumba/CD (1) 4:05 BF (3)	Lara Lori Allison Susan Ashley Linda Ashley Lori Ildiko Linda	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 CXworx (1) 9:50 PM 45 (1) 10:00 Joint (P) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 FF (1) 4:30 CS 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BA 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BP (1) 7:15 SPIN (2) 7:30 Zumba/CD (1)	Ashley Kari Sunny Carla Stephanie Deb Carla Sommer Stephanie Lori Kate Pam Cassie Katie Karen K Alesia Allyson Shana Shana Kristi Wendy Lara Chris O Ildiko	25	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:15 SPIN (2) 8:30 KB (1) 9:00 Aqua-IT (P) 9:00 BF (3) 9:30 BA (1) 10:00 Yoga (3) 10:30 BP (1) 11:00 Joint (P) 11:00 Barre (3) 12:00 M&M 45 (3) 12:00 Zumba/CD (1) 1:00 Aqua Flow (P) 1:30 Parkinsons P (2) 4:30 BST/BP 70 (1) 4:30 PYF (3) 5:30 BF (3) 5:45 PM 45 (1) 6:00 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	Shana Lara Kari Cindy Stephanie Sunny Danielle Eric Susan Stacie/Ashley Karen K Shana Cassie Debbie Kari Stephanie Sunny Karen Katie Megan Rebecca Karen	26	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:00 Gentle Flow Yoga(3) 8:30 PM (1) 9:00 Aqua-DW (P) 9:00 PL (3) 9:30 CS 45 (1) 10:00 Joint (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BP 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 FF (1) 4:30 Barre (3) 5:00 Zumba /CD (1) 5:30 Spin-RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Allison Nancy Lori Kate Chloe Karen Julie Lara Shana Karen Shana Susan Bill/Linda Katie Jane Bill/Linda Susan Mary Alex Sunny Ashley Ildiko Alesia Debbie	27	6:00 BP (1) 8:00 T&B (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua-IT (P) 9:30 BF (3) 9:30 BST (1) 10:30 Feldenkrais (3) 10:30 BP (1) 12:00 Zumba/CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons P (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST (1) 5:30 PM (3) 6:30 BF (3) 6:30 BC (1) 7:30 Zumba/CD (1)	Stephanie Stephanie Lori Eric Lara Cassie Sunny Debbie Cassie/Megan Julie Mary Alex Nancy Kate Chloe Lara Kate Danielle	28	6:00 HIIT 45 (1) 6:00 SPIN (2) 8:30 BP (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BF (3) 9:30 KB (1) 10:00 Joint (P) 10:30 GL (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 POUND (3) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons P (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BP (1)	Kate Stephanie Carla Lori Kristi Carla Shana Kristi Katie Sunny Alesia Stephanie Alesia Lara Debbie Julie Nancy Stephanie	29	8:00 BST (1) 8:00 POUND (3) 8:00 SPIN-RPM (2) 9:00 Aqua (P) 9:00 BF (3) 9:00 BP (1) 10:00 Aqua Zumba(P) 10:00 BA (1) 10:00 Pure Muscle (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Sunny Ashleigh Megan Debbie Ashleigh Megan/Nancy Debbie Stacie Sommer Sommer Karen Chloe	30