


# January 2018

SUN	MON	TUE	WED	THU	FRI	SAT
						
	1	2	3	4	5	6
	12:00 BA (1) Shannon 12:00 Barre (3) Linda 12:00 Spin-RPM(2) Megan 1:00 BF (3) Linda 1:00 BP (1) Shannon/Megan  Club Hours...  10:00am-5:00pm	6:00 BA (1) Kate 6:00 BF (3) Lara 8:00 T&B (3) Kate 8:15 SPIN (2) Jane 8:30 KB (1) Stephanie 9:00 Aqua-IT (P) Kari 9:00 BF (3) Danielle 9:30 BA (1) Shannon 10:00 Yoga (3) Sunny 10:30 BP (1) Stacie/Allison 11:00 Joint (P) Karen K 11:00 Barre (3) Shana 12:00 M&M 45 (3) Mary Alex 12:00 Zumba/CD (1) Fumika 1:00 Aqua Flow (P) Linda 1:30 Parkinsons P (2) Kari 4:30 BST/BP 70 (1) Sarah 4:30 PYF (3) Ashleigh 5:30 BF (3) Karen 5:45 PM 45 (1) Katie 6:00 Spin-RPM (2) Megan 6:30 BC (1) Ashley 6:35 Barre 30 (3) Karen	6:00 HIIT 45 (1) Kate 6:00 SPIN (2) Nancy 8:00 Gentle Flow Yoga(3) Sunny 8:30 PM (1) Carla 9:00 Aqua-DW (P) Donna 9:00 PL (3) Karen 9:30 CS 45 (1) Alesia 10:00 Joint (P) Donna 10:15 CXworx (1) Carla 10:15 Yoga (3) Karen 10:45 GL (1) Shana 11:00 Aqua (P) Lara 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BP 45 (1) Cassie 12:00 SPIN (2) Katie 12:30 Int Tai Chi (3) Bill/Linda 1:00 FF (1) Stephanie 4:30 Barre (3) Linda 5:00 Zumba /CD (1) Chloe 5:30 Spin-RPM (2) Ashley 6:00 Aqua (P) Kristi 6:00 BP (1) Shannon 6:00 Yoga (3) Lori 7:00 Feldenkrais (3) No Class	6:00 BP (1) Nancy 8:00 T&B (3) Stephanie 8:15 SPIN (2) Lori 8:30 BSS (1) Kate 9:00 Aqua-IT (P) Katie 9:30 BF (3) Cassie 9:30 BST (1) Stephanie 10:30 Gentle Flow Yoga(3) Lori 10:30 BP (1) Stephanie/Alesia 12:00 Zumba /CD (3) Julie 12:00 M&M 45 (1) Ashley 1:30 Parkinsons P (2) Nancy 4:30 Barre (3) Sunny 5:30 BST (1) Sarah 5:30 PM (3) Kristi 6:30 BF (3) Karen 6:30 BC (1) Linda 7:30 Zumba/CD (1) Ildiko	6:00 HIIT 45 (1) Sommer 6:00 SPIN (2) Kari 8:30 BP (1) Ashley 8:30 Pilates (3) Ashleigh 9:00 Aqua (P) Lara 9:35 BF (3) Carla 9:30 KB (1) Alesia 10:00 Joint (P) Lara 10:30 GL (1) Alesia 10:40 Yoga (3) Carla 11:00 Aqua (P) Nancy 11:30 BST/BP 75 (1) Sarah 12:00 POUND (3) Allyson 12:00 SPIN (2) Chris 1:00 Zumba Gold (1) Chloe 1:30 Parkinsons P (2) Julie 2:15 Feldenkrais (3) Wendy 4:30 Cardio Step (1) Sunny 5:30 BP (1) Megan	8:00 BST (1) Sunny 8:00 POUND (3) Ashleigh 8:00 SPIN (2) Lara 9:00 Aqua (P) Linda 9:00 BF (3) Kristi 9:00 BP (1) Stacie/Cassie 10:00 BA (1) Ashley 10:00 PM (3) Mary Alex 11:00 M&M 45 (1) Kate 11:15 Yoga(3) Karen 12:00 Zumba/CD (1) Ildiko
7	8	9	10	11	12	13
11:30 BST/BP 90 (1) Lara 12:00 SPIN (2) Nancy 1:00 M&M 45 (1) Sommer 1:00 Yoga (3) Shana 1:50 BC (1) Rebecca 2:05 Barre (3) Mary Alex 2:55 BP (1) Ashley/Sarah 4:00 Zumba/CD (1) Cassie 4:05 BF (3) Ashleigh	6:00 BC/BP (1) Ashley 6:00 SPIN (2) Nancy 8:00 Barre (3) Sunny 8:15 BST (1) Stacie 9:00 Aqua (P) Stephanie 9:00 PL (3) Deb 9:15 CXworx (1) Carla 9:50 PM 45 (1) Carla 10:00 Joint (P) Stephanie 10:15 Yoga (3) Lori 10:45 GL (1) Eric 11:00 Aqua (P) Kate 12:00 BF (3) Katie 12:00 SPIN (2) Chris 1:00 FF (1) Pam 4:30 CS 45 (1) Alesia 5:00 POUND (3) Kristi 5:15 CXworx (1) Shana 5:45 BA 45 (1) Shana 6:00 Aqua (P) Kristi 6:00 Yoga (3) Wendy 6:30 BP (1) Sarah/Shannon 7:15 SPIN (2) Chris O 7:30 Zumba (1) Ildiko	6:00 BA (1) Shana 6:00 BF (3) Lara 8:00 T&B (3) Kari 8:15 SPIN (2) Jane 8:30 KB (1) Shana 9:00 Aqua-IT (P) Sunny 9:00 BF (3) Cassie 9:30 BA (1) Eric 10:00 Yoga (3) Shana 10:30 BP (1) Allison/Cassie 11:00 Joint (P) Karen K 11:00 Barre (3) Chloe 12:00 M&M 45 (3) Shannon 12:00 Zumba/CD (1) Olga 1:00 Aqua Flow (P) Debbie 1:30 Parkinsons P (2) Kari 4:30 BST/BP 70 (1) Stephanie 4:30 PYF (3) Wendy 5:30 BF (3) Linda 5:45 PM 45 (1) Mary Alex 6:00 Spin-RPM (2) Megan 6:30 BC (1) New Release Launch 6:35 Barre 30 (3) Mary Alex	6:00 HIIT 45 (1) Allison 6:00 Spin-Int (2) Lara 8:00 Gentle Flow Yoga(3) Lori 8:30 PM (1) Cassie 9:00 Aqua-DW (P) Chloe 9:00 PL (3) Karen 9:30 CS 45 (1) Shana 10:00 Joint (P) Donna 10:15 CXworx (1) Shana 10:15 Yoga (3) Karen 10:45 GL (1) Kate 11:00 Aqua (P) Donna 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BP 45 (1) Katie 12:00 SPIN (2) Lori 12:30 Int Tai Chi (3) Bill/Linda 1:00 FF (1) Stephanie 4:30 Barre (3) Sunny 5:00 Zumba /CD (1) Ildiko 5:30 Spin-RPM (2) Ashley 6:00 Aqua (P) Shannon 6:00 BP (1) Stacie 6:00 Yoga (3) Alesia 7:00 Feldenkrais (3) Debbie	6:00 BP (1) Stephanie 8:00 T&B (3) Stephanie 8:15 SPIN (2) Kari 8:30 BSS (1) Lori 9:00 Aqua-IT (P) Lara 9:30 BF (3) New Release Launch 9:30 BST (1) New Release Launch 10:30 Feldenkrais (3) Debbie 10:30 BP (1) Stacie/Shannon 12:00 Zumba /CD (3) Sunny 12:00 M&M 45 (1) Lara 1:30 Parkinsons P (2) Nancy 4:30 BA (1) Stacie 4:30 Barre (3) Linda 5:30 BST (1) New Release Launch 5:30 PM (3) Kate 6:30 BF (3) New Release Launch 6:30 BC (1) Ashley 7:30 Zumba/CD (1) Allyson	6:00 HIIT 45 (1) Sommer 6:00 SPIN (2) Kari 8:30 BP (1) Carla 8:30 Pilates (3) Lori 9:00 Aqua (P) Kristi 9:00 BF (3) Ashleigh 9:00 BP (1) Danielle 10:00 BA (1) New Release Launch 10:00 PM (3) Kristi 11:00 M&M 45 (1) Sommer 11:15 Yoga(3) Sheila 12:00 Zumba/CD (1) Julie	8:00 BST (1) Stacie 8:00 POUND (3) Megan 8:00 SPIN (2) Chris 9:00 Aqua (P) Chloe 9:00 BF (3) Ashleigh 9:00 BP (1) New Release Launch 10:00 BA (1) New Release Launch 10:00 PM (3) Kristi 11:00 M&M 45 (1) Sommer 11:15 Yoga(3) Sheila 12:00 Zumba/CD (1) Julie

(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		

14	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) 4:00 Zumba/CD (1) 4:05 BF (3)	Sarah Sheila Kate Karen Shannon Karen Alesia/Shannon Fumika 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 (1)	Ashley Lara Chloe Carla Sarah Deb Carla Lara Stephanie Carla Lori Stephanie Danielle Katie Pam Shana Alesia Shana Kate Kristi Wendy Ashley/Stacie Chris O Ildiko	15	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 Kate Cindy Shana Shannon Linda Stacie Susan Sarah/Cassie Karen K Mary Alex Sommer Cassie Debbie Kari Alesia Sunny Katie Kristi Megan Ashley Chloe	16	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 Kate Donna Karen Sunny Donna Shannon Karen Stephanie Shannon Bill/Linda Cassie Chris Bill/Linda Susan Shana Olga Ashley Sunny Lara Lori Debbie	17	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 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)	Nancy Kari Lori Shana Kari Cassie Lara Debbie Lara/Shannon Julie Sunny Nancy Ashley Linda Sarah Mary Alex Danielle Rebecca Ildiko	18	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)	Nancy Shana Ashley Wendy Chloe Kristi Alesia Wendy Katie Alesia Susan Stephanie Cassie Jane Olga Julie Debbie Shana Megan	19	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 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Nancy Kristi No Class Today due To RPM Training Donna Kristi Nancy/Allison Eric Stephanie Eric Susan Allyson Cassie Julie Shana Megan	20	<b>Studio #2 (SPIN Studio) will be closed today due to RPM Training</b>	
21	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) 4:00 Zumba/CD (1) 4:05 BF (3)	Stacie Sarah Alesia Ashley Linda Megan/Sheila Fumika Sheila	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 (1)	Ashley Kari Shana Lara Stephanie Deb Shana Eric Stephanie Lori Eric Chloe Katie Chris Pam Shana Ashleigh Shannon Shannon Kristi Wendy Sarah/Shannon Chris O Chloe	22	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 Debbie Cindy Stephanie Kari Danielle Shannon Susan Ashley/Stephanie Karen K Chloe Kate Sunny Debbie Kari Alesia Karen Kristi Mary Alex Megan Rebecca Mary Alex	23	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)	Sommer Nancy Lori Shana Lara Karen Shana Donna Karen Sunny Donna Bill/Linda Katie Lori Bill/Linda Susan Sunny Ildiko Ashley Kate Allison Alesia Debbie	24	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 Kate Shannon Lara Sunny Debbie Sarah/Ashley Julie Mary Alex Nancy Stacie Shana Stacie Kristi Linda Ashley Ildiko	25	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 BA (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 Carla Lori Wendy Carla Kristi Wendy Katie Sunny Nancy Eric Alesia Jane Debbie Julie Debbie Shana Stacie	26	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 BA (1) 10:00 PM (3) 11:00 M&M 45 (1) 11:15 Yoga(3) 12:00 Zumba/CD (1)	Lara Megan Kari Linda Carla Megan/Lara Kate Carla Sommer Shana Allyson Eric Alesia Jane Debbie Julie Debbie Shana Stacie	27	<b>Studio #2 (SPIN Studio) will be closed today due to RPM Training</b>	
28	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) 4:00 Zumba/CD (1) 4:05 BF (3)	Carla Lori Mary Alex Carla Rebecca Mary Alex Lara/Shannon Ildiko Ashleigh	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 (1)	Ashley Nancy Chloe Carla Stephanie Deb Carla Eric Lara Sunny Eric Lara Katie Chris Pam Shana Allyson Shannon Shannon Alesia Wendy Stacie/Ashley Chris O Ildiko	29	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 Debbie Cindy Shana Chloe Cassie Eric Susan Sarah/Allison Karen K Sunny Kate Chloe Debbie Nancy Alesia Karen Karen Katie Megan Ashley Karen	30	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 Lara Shana Kate Donna Karen Sunny Donna Shana Karen Shana Bill/Linda Katie Jane Bill/Linda Susan Linda Olga Ashley Kristi Shannon Lori Debbie	31	<b>Studio #2 (SPIN Studio) will be closed today due to RPM Training</b>										