

FORT SANDERS
HEALTH & FITNESS CENTER

★★★★★

531 - 5000



2018

Find this schedule in a
two-page printable
version on our website at

fshfc.com

SUN	MON	TUE	WED	THU	FRI	SAT			
<p><u>Just a reminder of some of the March changes/additions.....</u></p> <p>Sun: 3:00 SPIN 3:15 Gentle Flow Yoga 45</p> <p>Mon: 6:00am Alternates weekly (1) 9:15 Pure Muscle 45 10:05 CXworx 1:00 Cardio Strength</p> <p>Tues: 8:30 SPIN (was 8:15) 12:00 M&M moves to St. 1 12:00 Zumba moves to St. 3 4:30 Barre 6:30 SPIN (was 6:00)</p> <p>Wed: 1:00 Tone & Balance 2:15 Gentle Flow Yoga 5:00 POUND 5:45 SPIN (was 5:30)</p>				<p>Thur: 8:30 SPIN (was 8:15) 5:30 BST is now a 30 min. class 5:30 Pilates Yoga Fusion 6:05 BodyPump 30 6:30 Pure Muscle (was 5:30) 6:40 BodyCombat 30 7:15 Zumba/CD (was 7:30)</p> <p>Fri: 4:30 Step Sculpt 6:30 BodyAttack/BodyCombat</p> <p>Sat: 10:00 POUND 11:00 Pure Muscle (1) 11:30 SPIN 12:30 Barre</p>		<p>1</p> <p>6:00 BP (1) Nancy 8:00 T&B (3) Kate 8:30 SPIN (2) Lori 8:30 BSS (1) Eric 9:00 Aqua-IT (P) Chloe 9:30 BF (3) Cassie 9:30 BST (1) Sunny 10:30 Feldenkrais (3) Debbie 10:30 BP (1) Ashley/Allison 12:00 Zumba /CD (3) Julie 12:00 M&M 45 (1) Mary Alex 1:30 Parkinsons (2) Nancy 4:30 BA (1) Stacie 4:30 Barre (3) Linda 5:30 BST 30 (1) Sarah 5:30 PYF (3) Ashleigh 6:05 BP 30 (1) Sarah 6:30 PM (3) Sommer 6:40 BC 30 (1) Rebecca 7:15 Zumba/CD (1) Ildiko</p>	<p>2</p> <p>6:00 HIIT 45 (1) Allison 6:00 SPIN (2) Kari 8:30 BP (1) Stephanie 8:30 Pilates (3) Wendy 9:00 Aqua (P) Lara 9:35 BF (3) Carla 9:30 KB (1) Alesia 10:00 Joint (P) Wendy 10:30 GL (1) Stephanie 10:40 Yoga (3) Carla 11:00 Aqua (P) Wendy 11:30 BodyAttack(1) Shana 12:00 SPIN (2) Katie 1:00 Zumba Gold (1) Debbie 1:30 Parkinsons (2) Julie 2:15 Feldenkrais (3) Debbie 4:30 Step Sculpt (1) Shana/Dani 5:30 BP (1) Danielle 6:30 BodyCombat (1) Linda</p>	<p>3</p> <p>8:00 BST (1) Stacie 8:00 SPIN (2) Chris C 9:00 Aqua (P) Kristi 9:00 BP (1) Stephanie/Cassie 9:00 BF (3) Ashleigh 10:00 BA (1) Ashley 10:00 POUND (3) Ashleigh 11:00 PM(1) Mary Alex/Dani 11:15 Yoga(3) Karen B 11:30 SPIN-RPM (2) Ashley 12:00 SH'BAM (1) Allyson 12:30 Barre (3) Karen</p> <p style="text-align: center; color: red;">Please note..... BodyFlow will remain at 9:00 Pound will move to 10:00</p>	
<p>4</p> <p>11:30 BST/BP 90 (1) Carla 12:00 SPIN RPM (2) Ashley 1:00 M&M 45 (1) Mary Alex 1:00 Yoga (3) Carla 1:50 BC (1) Rebecca 2:15 Barre (3) Shana 3:00 SPIN-RPM (2) Erika 3:15 GF Yoga 45 (3) Shana 2:55 BP (1) Ashley/Stacie 4:00 Zumba/CD (1) Allyson 4:05 BF (3) Ashleigh</p>	<p>5</p> <p>6:00 BC/BP (1) Ashley 6:00 SPIN (2) Nancy 8:00 Barre (3) Chloe 8:15 BST (1) Lara 9:00 Aqua (P) Stephanie 9:00 PL (3) Deb 9:15 PM 45 (1) Carla 10:00 Joint (P) Stephanie 10:05 CXworx (1) Carla 10:15 Yoga (3) Sunny 10:45 GL (1) Eric 11:00 Aqua (P) Chloe 12:00 BF (3) Carla 12:00 SPIN (2) Katie L 1:00 Cardio Str.(1) Pam 4:30 CS 45 (1) Shana 5:00 POUND (3) Allyson 5:15 CXworx (1) Shana 5:45 BA 45 (1) Ashley 6:00 Aqua (P) Susan 6:00 Yoga (3) Wendy 6:30 BP (1) Stacie/Ashley 7:15 SPIN (2) Chris 7:30 Zumba (1) Ildiko/Dani</p>	<p>6</p> <p>6:00 BA (1) Kate 6:00 BF (3) Lara 8:00 T&B (3) Susan 8:30 SPIN (2) Stephanie 8:30 KB (1) Shana 9:00 Aqua-IT (P) Sunny 9:00 BF (3) Danielle 9:30 BA (1) Eric 10:00 Yoga (3) Susan 10:30 BP (1) Sarah/Allison 11:00 Joint (P) Karen K 11:00 Barre (3) Chloe 12:00 M&M 45 (1) Stephanie 12:00 Zumba/CD (3) Chloe 1:00 Aqua Flow (P) Debbie 1:30 Parkinson's (2) Nancy 4:30 BST/BP 70 (1) Stacie 4:30 Barre (3) Linda 5:30 BF (3) Linda 5:45 PM 45 (1) Mary Alex 6:30 Spin RPM (2) Ashley 6:30 BC (1) Rebecca 6:35 Barre 30 (3) Mary Alex</p>	<p>7</p> <p>6:00 HIIT 45 (1) Nancy 6:00 SPIN (2) Lara 8:30 PM (1) Dani 9:00 Aqua-DW (P) Donna 9:00 PL (3) Karen 9:30 CS 45 (1) Shana 10:00 Joint (P) Donna 10:15 CXworx (1) Shana 10:45 GL (1) Karen 11:00 Aqua (P) Shana 11:30 Beg Tai Chi (3) Stephanie 12:00 BP 45 (1) Bill/Linda 12:00 SPIN (2) Lori 12:30 Int Tai Chi (3) Bill/Linda 1:00 T&B (1) Susan 2:15 GF Yoga (3) Susan 5:00 POUND (3) Alesia 5:00 Zumba/CD (1) Sunny 5:45 Spin-RPM (2) Mariah 6:00 Aqua (P) Kate 6:00 BP (1) Ashley 6:00 Yoga (3) Shana 7:00 Feldenkrais (3) Debbie</p>	<p>8</p> <p>6:00 BP (1) Stephanie 8:00 T&B (3) Debbie 8:30 SPIN (2) Erika 8:30 BSS (1) Lori 9:00 Aqua-IT (P) Chloe 9:30 BF (3) Lara 9:30 BST (1) Sarah 10:30 Feldenkrais (3) Debbie 10:30 BP (1) Sarah/Lara 12:00 Zumba /CD (3) Julie/Dani 12:00 M&M 45 (1) Sunny 1:30 Parkinsons (2) Nancy 4:30 BA (1) Ashley 4:30 Barre (3) Shana 5:30 BST 30 (1) Stacie 5:30 PYF (3) Wendy 6:05 BP 30 (1) Stacie 6:30 PM (3) Alesia 6:40 BC 30 (1) Ashley 7:15 Zumba/CD (1) Ildiko</p>	<p>9</p> <p>6:00 HIIT 45 (1) Kate 6:00 SPIN (2) Stephanie 8:30 BP (1) Stacie 8:30 Pilates (3) Sunny 9:00 Aqua (P) Kristi 9:35 BF (3) Danielle 9:30 KB (1) Stephanie 10:00 Joint (P) Kristi 10:30 GL (1) Katie L 10:40 Yoga (3) Lori 11:00 Aqua (P) Nancy 11:30 BST/BP 75 (1) Lara 12:00 SPIN (2) Shana 1:00 Zumba Gold (1) Debbie 1:30 Parkinsons (2) Julie 2:15 Feldenkrais (3) Debbie 4:30 Step Sculpt (1) Alesia 5:30 BP (1) Megan 6:30 BodyAttack (1) Stacie</p> <p style="text-align: center; color: red;">Please note..... BodyFlow will remain at 9:00 Pound will move to 10:00</p>	<p>10</p> <p>8:00 BST (1) Carla 8:00 SPIN (2) Lara 9:00 Aqua (P) Kate 9:00 BP (1) Carla/Danielle 9:00 BF (3) Kristi 10:00 BA (1) Eric 10:00 POUND (3) Kristi 11:00 PM(1) Kate 11:15 Yoga(3) Wendy 11:30 SPIN-RPM (2) Meg 12:00 Zumba/CD (1) Ildiko 12:30 Barre (3) Linda</p> <p style="text-align: center; color: red;">Please note..... BodyFlow will remain at 9:00 Pound will move to 10:00</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			

11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 3:00 SPIN- RPM (2) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	11 Alesia Lara Eric Susan Linda Susan Megan Susan Lara/Stacie Fumika Linda	6:00 BST/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str.(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)	12 Stephanie Kari Chloe Carla Katie L Ashleigh Carla Lara Shannon Carla Shannon Lara Katie Chris C Pam Shana/Dani Ashleigh Shana Kate Chloe Wendy Alesia/Stacie Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 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 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin-RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	13 Shana Lara Kate Cindy Stephanie Kari Cassie Eric Susan Cassie/Allison Karen K Shana Lara/Dani Fumika Debbie Kari Stacie Mary Alex Karen Katie Mariah Shannon Karen	6:00 HIIT 45 (1) 6:00 SPIN (2) 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 T&B (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	14 Allison Shana Cassie Shannon Karen B Shana Donna Shana Karen B Lori Donna No Class Katie L Lara No Class Susan Susan Alesia Chloe Stephanie Kate Danielle Lori Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 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 (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 30 (1) 5:30 PYF (3) 6:05 BP 30 (1) 6:30 PM (3) 6:40 BC 30 (1) 7:15 Zumba/CD (1)	15 Stephanie Wendy Lara Eric Kate Danielle Sarah Debbie Sarah/Lara Julie Mary Alex Julie Stacie Linda Stacie Karen Shannon Mary Alex Shannon Chloe/Dani	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 BodyAttack (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Step Sculpt (1) 5:30 BP (1) 6:30 BodyCombat (1)	16 Kate Lara Carla Deb Lara Carla Alesia Susan Eric Lori Susan Shannon Lori Debbie Julie Debbie Dani Sarah Sarah	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 11:30 SPIN(2) 12:00 Zumba/CD (1) 12:30 Barre (3)	17 Carla Sheila Pam Carla/Sarah Linda Sarah Megan Mary Alex Sheila Lori Cassie Mary Alex	Please note..... BodyFlow will remain at 9:00 Pound will move to 10:00	
11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 3:00 SPIN (2) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	18 Stacie Lori Mary Alex Carla Sarah Mary Alex Sheila Carla Sarah/Allison 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 PM 45 (1) 10:00 Joint (P) 10:05 Core Class(1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str.(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)	19 Ashley Nancy Chloe Lara Stephanie Deb Eric Stephanie Kate Sunny Kate Lara Katie Chris Pam Shana Alesia Shana Stacie Kristi Wendy Ashley/Shannon Chris O Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 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 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	20 Kate Lara Kari Meg Shana Shannon Lara Shana Susan Stacie/Ashley Karen K Sunny Mary Alex Fumika Debbie Kari Stephanie Linda Kristi Katie Ashley Rebecca Chloe	6:00 HIIT 45 (1) 6:00 SPIN (2) 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) 10:45 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 T&B (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	21 Nancy Kari Stephanie Donna Karen Shana Donna Shana Karen Dani Chloe Bill/Linda Lara Katie Bill/Linda Susan Susan Ashleigh Sunny Shana Kristi Sarah Sunny Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 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 (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 30 (1) 5:30 PYF (3) 6:05 BP 30 (1) 6:30 PM (3) 6:40 BC 30 (1) 7:15 SH'BAM (1)	22 Nancy Debbie Stephanie Kate Kari Danielle Sunny Debbie Allison/Ashley Julie Lara Nancy Shannon Mary Alex Alesia Ashleigh Sommer Linda Allyson	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 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Step Sculpt (1) 5:30 BP (1) 6:30 BodyAttack (1)	23 Kate Lori Stephanie Lori Chloe Lara Shana Susan Katie Alesia Nancy Sarah Lara Debbie Julie Debbie Sunny Megan Ashley	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 11:30 SPIN-RPM (2) 12:00 Zumba/CD (1) 12:30 Barre (3)	24 Sunny Nancy Lara Megan/Nancy Sheila Eric Megan Sommer Shana Mariah Ildiko Shana	Please note..... BodyFlow will remain at 9:00 Pound will move to 10:00	
11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BC (1) 2:15 Barre (3) 3:00 SPIN- RPM (2) 3:15 GF Yoga 45 (3) 2:55 BP (1) 4:00 Zumba/CD (1) 4:05 BF (3)	25 Lara Sheila Eric Karen Sarah Karen Megan Shana Sarah/Cassie Cassie Linda	6:00 BST/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BST (1) 9:00 Aqua (P) 9:00 PL (3) 9:15 PM 45 (1) 10:00 Joint (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GL (1) 11:00 Aqua (P) 12:00 BF (3) 12:00 SPIN (2) 1:00 Cardio Str.(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)	26 Nancy Lara Shana Carla Stephanie Deb Carla Stephanie Carla Sunny Dani Donna Katie Chris Pam Alesia Allyson Shannon Ashley Kate Wendy Ashley/Shannon Chris Ildiko	6:00 BA (1) 6:00 BF (3) 8:00 T&B (3) 8:30 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 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BF (3) 5:45 PM 45 (1) 6:30 Spin RPM (2) 6:30 BC (1) 6:35 Barre 30 (3)	27 Shana Lara Kari Cindy Stephanie Chloe Danielle Kate Susan Cassie/Ashley Karen K Mary Alex Mary Alex Cassie Debbie Kari Lara Sunny Karen Kristi Ashley Rebecca Karen	6:00 HIIT 45 (1) 6:00 SPIN (2) 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) 10:45 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 T&B (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 5:45 Spin RPM (2) 6:00 Aqua (P) 6:00 BP (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	28 Allison Nancy Stephanie Donna Karen Sunny Shana Karen Sunny Bill/Linda Katie Erica Bill/Linda Susan Lori Kristi Dani Mariah Kristi Sarah Alesia Debbie	6:00 BP (1) 8:00 T&B (3) 8:30 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 (2) 4:30 BA (1) 4:30 Barre (3) 5:30 BST 30 (1) 5:30 PYF (3) 6:05 BP 30 (1) 6:30 PM (3) 6:40 BC 30 (1) 7:15 Zumba/CD (1)	29 Nancy Stephanie Lori Shana Lara Cassie Stacie Debbie Stacie/Lara Julie Kate Nancy Shannon Chloe Stephanie Lori Ashely Sommer Ashley Sunny	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 BodyAttack (1) 12:00 SPIN (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Step Sculpt (1) 5:30 BP (1)	30 Nancy Kari Shannon Wendy Kristi Cassie Shana Kristi Alesia Lori Kate Sarah Katie Debbie Julie Debbie Dani Danielle	8:00 BST (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BP (1) 9:00 BF (3) 10:00 BA (1) 10:00 POUND (3) 11:00 PM(1) 11:15 Yoga(3) 11:30 SPIN-RPM (2) 12:00 Zumba/CD (1) 12:30 Barre (3)	31 Lara Kari Donna Lara/Megan Kristi Kate Kristi Shana Susan Meg Julie Shana	Please note..... BodyFlow will remain at 9:00 Pound will move to 10:00	
													Club closes at 7:00pm No 6:30 class		