





SUN	MON	TUE	WED	THU	FRI	SAT	
 <p>30 minute High Intensity Interval Training!!!</p> <p>Tuesdays 9:30am Wednesdays 6:00pm Thursdays 6:00am Fridays 12:00pm Saturdays 10:00am</p>		 <p>12:00 BodyCombat (1) Linda 12:00 SPIN (2) Lara 12:00 POUND (3) Kristi 1:00 BodyPump (1) Courtney/Lara 1:00 BodyFlow (3) Linda 1:00 Aqua Boot Camp Kristi</p> <p>Club Hours... 10:00am-5:00pm</p>	<p>1 6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 PureMuscle (1) 9:00 Aqua-DW (P) 9:00 Pilates (3) 9:30 CardioStep 45 (1) 10:00 Jointercize (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BodyPump 45 (1) 12:00 SPIN-RPM (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p>	<p>2 Lara Kari Lyssa Donna Lori Shana Donna Shana Alesia Chloe Lara Bill/Linda Sarah Meg Bill/Linda Susan Susan Kristi Chloe NEW RELEASE Kristi Danielle Lori NO CLASS</p> <p>6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BodyFlow (3) 9:30 BodyStep (1) 10:30 Feldenkrais (3) 10:30 BodyPump (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BodyAttack (1) 4:30 Barre (3) 5:30 Total Core 30 (1) 5:30 BodyStep 45 (1) 5:30 BodyFlow (3) 6:15 BodyCombat (1) 6:00 Aqua Boot Camp 6:30 PureMuscle (3) 7:30 Zumba/CD (1)</p>	<p>3 Mikaela Nancy Katie Lori Sommer Lara Karen Alesia NO CLASS Sarah/Ashley Julie Mary Alex Nancy Ashley Chloe Sommer Cancelled Kristi Rebecca Chloe Sommer Ildiko</p> <p>6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 BodyPump (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BodyFlow (3) 9:30 KickBoxing (1) 10:00 Jointercize (P) 10:30 GoLow (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 SPRINT (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BodyPump (1)</p>	<p>4 Nancy Jorge Lara Deb Susan Lara Kristi Susan Chloe Lori Susan Ashley Eric H/Sara Chloe Julie Alesia Mikaela</p> <p>8:00 BodyStep (1) NEW RELEASE 8:00 SPIN (2) Chris C 9:00 Aqua (P) Pam 9:00 BodyPump (1) Sarah/Courtney 9:00 BodyFlow (3) Kristi 10:00 Aqua Boot Camp Kristi 10:00 BodyAttack (1) Sarah 10:00 SPRINT (2) Eric H/Sara 10:00 POUND(3) Allyson 11:00 PureMuscle(1) Sara 11:15 Yoga(3) Lori 12:00 Zumba/CD (1) Julie 12:30 Barre (3) Chloe</p>	<p>5</p>
<p>6 11:30 BST/BP 90 (1) Lara 12:00 SPIN (2) Katie 1:00 M&M 45 (1) Sara 1:00 Yoga (3) Susan 1:50 BodyCombat (1) Ashley 2:15 Barre (3) Mary Alex 2:55 BodyPump (1) Ashley/Danielle 3:15 GF Yoga 45 (3) Susan 4:00 Zumba/CD (1) Allyson 4:05 BodyFlow (3) Danielle</p>	<p>7 6:00 BST/BP (1) Lara 6:00 SPIN (2) Kari 8:00 Barre (3) Mikaela 8:15 BodyStep (1) Alesia 9:00 Aqua (P) Stephanie 9:00 Pilates (3) Deb 9:15 PureMuscle45 (1) Sommer 10:00 Jointercize (P) Stephanie 10:05 CXworx (1) Sommer 10:15 Yoga (3) Jackie 10:45 GoLow (1) Lori 11:00 Aqua (P) Chloe 12:00 BodyFlow (3) Karen 12:00 SPIN (2) Chris C 1:00 Cardio Str. (1) Pam 4:30 Cardio Step 45(1) Shana 5:00 POUND (3) Allyson 5:15 CXworx (1) Shana 5:45 BodyAttack45 (1) Sarah 6:00 Aqua (P) Dani 6:00 Yoga (3) Wendy 6:30 BodyPump (1) Allison/Courtney 7:15 SPIN (2) Chris O 7:30 Zumba (1) Ildiko</p>	<p>8 6:00 BodyAttack (1) Shana 6:00 BodyFlow (3) Jackie 8:00 Tone&Balance (3) Lyssa 8:15 SPIN (2) Cindy 8:30 KickBoxing (1) Shana 9:00 Aqua Boot Camp Sommer 9:00 BodyFlow (3) Lara 9:30 BodyAttack (1) Eric H 9:30 SPRINT (2) Eric H 10:00 Yoga (3) Jackie 10:30 BodyPump (1) Ashley/Stephanie 11:00 Jointercize (P) Karen K 11:00 Barre (3) Jackie 12:00 M&M 45 (1) Mary Alex 12:00 Zumba/CD (3) Dani 1:00 Aqua Flow (P) Debbie 1:30 Parkinson's (2) Kari 4:30 BST/BP 70 (1) Stacie 4:30 Barre (3) Shana 5:30 BodyFlow (3) Karen 5:45 PureMuscle45 (1) Katie 6:30 Spin (2) Carlissa 6:30 BodyCombat (1) Rebecca 6:35 Barre 30 (3) Karen</p>	<p>9 Lara Nancy Sara Donna Karen Carlissa Donna Jackie Jackie Dani Bill/Linda Katie Meg Bill/Linda Susan Wendy Kristi Fumiko Eric H Kristi Stacie Alesia Debbie</p> <p>6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 PureMuscle (1) 9:00 Aqua-DW (P) 9:00 Pilates (3) 9:30 Cardio Step 45 (1) 10:00 Jointercize (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BodyPump 45 (1) 12:00 SPIN-RPM (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p>	<p>10 Sara Lara Stephanie Wendy Eric Lara Sheila Sarah Debbie Sarah/Sheila Julie Lyssa Nancy Stacie Linda Ashley Cancelled Linda Dani Ashley Kristi Ildiko</p> <p>6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BodyFlow (3) 9:30 BodyStep (1) 10:30 Feldenkrais (3) 10:30 BodyPump (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BodyAttack (1) 4:30 Barre (3) 5:30 Total Core 30 (1) 5:30 BodyStep 45 (1) 5:30 BodyFlow (3) 6:00 Aqua Boot Camp 6:15 BodyCombat (1) 6:30 PureMuscle (3) 7:30 Zumba/CD (1)</p>	<p>11 Nancy Jorge Stephanie Jackie Kristi Jackie Alesia Kristi Dani Susan Nancy Lara Eric H Debbie Julie Debbie Carlissa Courtney</p> <p>6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 BodyPump (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BodyFlow (3) 9:30 KickBoxing (1) 10:00 Jointercize (P) 10:30 GoLow (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 SPRINT (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BodyPump (1)</p>	<p>12 Alesia Cindy Kristi Linda Sommer Stacie Sara Kristi Courtney Karen Carlissa Karen</p> <p>8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) NEW RELEASE 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)</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... BodyStep/BodyPump 90, class is 90 minutes in length)

BC/BP = Combo BodyCombat and BodyPump	BST/BP = Combo BodyStep and BodyPump	BSS=Bosu, Stability, Strength	GF Yoga = Gentle Flow Yoga	M&M=Metabolic Meltdown
Indoor Cycling... SPIN Classes will focus on Coach by Color and FTW (Functional Threshold Watt) training			Spin-RPM—Les Mills Indoor Cycling Program	
SPRINT—Les Mills 30 minute High Intensity Interval Training on the Indoor Cycle				

13	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BodyCombat (1) 2:15 Barre (3) 2:55 BodyPump (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BodyFlow (3)	Stacie Nancy Sommer Shana Sarah Shana Allison/Sarah Shana Fumika Danielle	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BodyStep (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:15 PureMuscle 45 (1) 10:00 Jointercize (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 12:00 BodyFlow (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 Cardio Step 45 (1) 5:00 POUND (3) 5:15 CXworx (1) 5:45 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:15 SPIN (2) 7:30 Zumba (1)	Ashley Nancy Chloe Lara Stephanie Deb Eric Stephanie Eric Jackie Chloe Dani Jackie Chris C Stephanie Dani Kristi Shana Shana Kristi Wendy Ashley/Courtney Chris O Ildiko	14	6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 KickBoxing (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 9:30 SPRINT (2) 10:00 Yoga (3) 10:30 BodyPump (1) 11:00 Jointercize (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 BodyFlow (3) 5:45 PureMuscle 45 (1) 6:30 Spin-RPM (2) 6:30 BodyCombat (1) 6:35 Barre 30 (3)	Shana Lara Chloe Cindy Shana Stephanie Cassie Eric Eric H Shana Shana Cassie/Stacie Karen K Chloe Lyssa Chloe Debbie Kari Alesia Jackie Jackie Mary Alex Meg NEW RELEASE Mary Alex	15	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 PureMuscle (1) 9:00 Aqua-DW (P) 9:00 Pilates (3) 9:30 Cardio Step 45 (1) 10:00 Jointercize (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BodyPump45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Sommer Kari Lyssa Donna Karen Dani Donna Shana Karen Shana Chloe Bill/Linda Lara Carliisa Bill/Linda Susan Susan Alesia Allyson Sarah Dani Jackie Wendy Debbie	16	6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BodyFlow (3) 9:30 BodyStep (1) 10:30 Feldenkrais (3) 10:30 BodyPump (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BodyAttack (1) 4:30 Barre (3) 5:30 Total Core 30 (1) 5:30 BodyStep 45 (1) 5:30 BodyFlow (3) 6:00 Aqua Boot Camp 6:15 BodyCombat (1) 6:30 PureMuscle (3) 7:30 Zumba/CD (1)	Eric H Nancy Kari Donna Katie Lyssa Lori Lara Chloe Debbie Ashley/Cassie Julie Mary Alex Nancy Stacie Linda Susan Stacie Cancelled Kristi Wendy Ashley Sommer Ildiko	17	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 BodyPump (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BodyFlow (3) 9:30 KickBoxing (1) 10:00 Jointercize (P) 10:30 GoLow (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack (1) 12:00 SPRINT (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BodyPump (1)	Sara Jorge Alesia Wendy Lara Kristi Alesia Lara Jackie Susan Katie Ashley Sara Debbie Julie Debbie Carliisa Sheila Carliisa Chloe	18	8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Sara Jorge Alesia Wendy Lara Kristi Alesia Lara Jackie Susan Katie Ashley Sara Debbie Julie Debbie Carliisa Sarah	19	8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Chloe Jorge Kari Sarah/Allison Kristi Kari NEW RELEASE Sara Sheila Carliisa Chloe
20	11:30 BST/BP 90 (1) 12:00 SPIN-RPM (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BodyCombat (1) 2:15 Barre (3) 2:55 BodyPump (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BodyFlow (3)	Alesia Meg Courtney Wendy Ashley Mary Alex Sheila/Allison Susan Dani Lara	6:00 BodyStep/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BodyStep (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:15 PureMuscle 45 (1) 10:00 Jointercize (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 12:00 BodyFlow (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 Cardio Step 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:15 SPIN (2) 7:30 Zumba (1)	Nancy Kari Mikaela Chloe Stephanie Deb Sommer Lara Sommer Lori Stephanie Lara Karen Chris C Pam Dani Alesia Dani Stacie Kristi Wendy Allison/Stacie Chris O Ildiko	21	6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 KickBoxing (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 9:30 SPRINT (2) 10:00 Yoga (3) 10:30 BodyPump (1) 11:00 Jointercize (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 BodyFlow (3) 5:45 PureMuscle 45 (1) 6:30 Spin (2) 6:30 BodyCombat (1) 6:35 Barre 30 (3)	Stacie NEW RELEASE Lyssa Cindy Shana Dani Eric Eric H Jackie Stephanie/Cassie Karen K Jackie Sara Cassie Debbie Kari Sarah Chloe NEW RELEASE Chloe Carliisa Ashley Karen	22	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 PureMuscle (1) 9:00 Aqua-DW (P) 9:00 Pilates (3) 9:30 Cardio Step 45 (1) 10:00 Jointercize (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BodyPump45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Sara Nancy Lori Wendy Karen Shana Donna Shana Karen Dani Donna Bill/Linda Katie Stephanie Bill/Linda Susan Wendy Kristi Fumika Eric H Chloe Ashley Alesia Debbie	23	6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BodyFlow (3) 9:30 BodyStep (1) 10:30 Feldenkrais (3) 10:30 BodyPump (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BodyAttack (1) 4:30 Barre (3) 5:30 Total Core 30 (1) 5:30 BodyStep 45 (1) 5:30 BodyFlow (3) 6:00 Aqua Boot Camp 6:15 BodyCombat (1) 6:30 PureMuscle (3) 7:30 Zumba/CD (1)	Sara Jackie Stephanie Lori Katie Chloe Cassie Stacie Debbie Stacie/Sarah Julie Lyssa Nancy Shana Mary Alex Shana Linda Eric H Kristi Rebecca Wendy Ildiko	24	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 BodyPump (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BodyFlow (3) 9:30 KickBoxing (1) 10:00 Jointercize (P) 10:30 GoLow (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 SPRINT (2) 1:00 Zumba Gold (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 4:30 Cardio Step (1) 5:30 BodyPump (1)	Nancy Jorge Lara Jackie Kristi Jackie Dani Kristi Eric Shana Katie Alesia Sara Debbie Julie Debbie Shana Mikaela	25	8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Jackie Sheila Linda Jackie/Courtney Cassie Sommer Sarah Eric H Cassie Lyssa Shana Allison Shana	26	8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Jackie Sheila Linda Jackie/Courtney Cassie Sommer Sarah Eric H Cassie Lyssa Shana Allison Shana
27	11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BodyCombat (1) 2:15 Barre (3) 2:55 BodyPump (1) 3:15 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:05 BodyFlow (3)	Stacie Jorge Courtney Jackie Sarah Jackie Courtney/Sarah Linda Dani Linda	6:00 BC/BP (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BodyStep (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:15 PureMuscle 45 (1) 10:00 Jointercize (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 12:00 BodyFlow (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 Cardio Step 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:15 SPIN (2) 7:30 Zumba (1)	Ashley Nancy Shana Jackie Stephanie Deb Jackie Stephanie Eric Jackie Eric Chloe Lara Cindy Pam Dani Alesia Stacie Kristi Wendy Allison/Ashley Chris O Ildiko	28	6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 KickBoxing (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 9:30 SPRINT (2) 10:00 Yoga (3) 10:30 BodyPump (1) 11:00 Jointercize (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 BodyFlow (3) 5:45 PureMuscle 45 (1) 6:30 Spin-RPM (2) 6:30 BodyCombat(1) 6:35 Barre 30 (3)	Shana Jackie Sara Lara Stephanie Chloe Jackie Sarah Lori Sara Karen K Shana Mary Alex Cassie Debbie Kari Stacie Linda Linda Katie Katie Meg Ashley Mikaela	29	6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 PureMuscle (1) 9:00 Aqua-DW (P) 9:00 Pilates (3) 9:30 Cardio Step 45 (1) 10:00 Jointercize (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BodyPump45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 2:15 GF Yoga (3) 5:00 POUND (3) 5:00 Zumba/CD (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)	Sommer Kari Chloe Donna Karen Shana Donna Shana Karen Lori Stephanie Bill/Linda Katie Chris Bill/Linda Susan Susan Allyson Dani Eric H Chloe Alesia Jackie Debbie	30	6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BodyFlow (3) 9:30 BodyStep (1) 10:30 Feldenkrais (3) 10:30 BodyPump (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BodyAttack (1) 4:30 Barre (3) 5:30 Total Core 30 (1) 5:30 BodyStep 45 (1) 5:30 BodyFlow (3) 6:00 Aqua Boot Camp 6:15 BodyCombat (1) 6:30 PureMuscle (3) 7:30 Zumba/CD (1)	Sara Nancy Kari Katie Eric Dani Cassie Sarah Debbie Sarah/Lara Julie Sara Nancy Ashley Mary Alex Ashley Kristi Cancelled	31	8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)	Sara Nancy Kari Katie Eric Dani Cassie Sarah Debbie Sarah/Lara Julie Sara Nancy Ashley Mary Alex Ashley Kristi Cancelled Wendy Rebecca Sommer Ildiko						



Monday & Wednesday 6am HIIT becomes Boot Camp format (as this is essentially what is being taught)

Tuesday & Thursday 8:30am SPIN moves to 8:15am

Thursday evening:
5:30 BodyStep has been cancelled
Total Core moves to 5:30 and becomes a 30 min. class
BodyCombat moves to 6:15 and will now be full class

SPIN changes:
SPRINT replaces Wednesday 5:45 SPIN and moves to 6:00pm
SPRINT replaces Friday 12:00pm SPIN