

SUN	MON	TUE	WED	THU	FRI	SAT
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We will collect survey's February so please fill out a Survey letting us know if we can improve upon our schedule.
We will collect all survey's by Feb. 15th
1 Survey per person please

Sunday Changes.....
1:00-1:55 Yoga
2:05-3:00 Barre
3:10-4:05 Gentle Flow Yoga
4:10-5:10 BodyFlow

We will form a panel of Instructors to review all Surveys and make a determination during that time as to any changes to the March schedule based on the surveys.

Thank you for your input

					6:00 Boot Camp (1) Nancy 6:00 SPIN (2) Shana 8:30 BodyPump (1) Stephanie/Lara 8:30 Pilates (3) Wendy 9:00 Aqua (P) Chloe 9:35 BodyFlow (3) Kristi 9:30 KickBoxing (1) Dani 10:00 Jointercize (P) Wendy 10:30 GoLow (1) Stephanie 10:40 Yoga (3) Shana 11:00 Aqua (P) Katie 11:30 BodyAttack (1) Ashley 12:00 SPRINT (2) Sara 1:00 Zumba Gold (1) Debbie 1:30 Parkinsons (2) Julie 2:15 Feldenkrais (3) Debbie 4:30 Cardio Step (1) Alesia 5:30 BodyPump (1) Ashley	1 8:00 BodyStep (1) Chloe 8:00 SPIN (2) Meg 9:00 Aqua (P) Donna 9:00 BodyPump (1) Cassie/Allison 9:00 BodyFlow (3) Kristi 10:00 Aqua Boot Camp Sommer 10:00 BodyAttack (1) Mikaela 10:00 SPRINT (2) Eric H 10:00 POUND(3) Cassie 11:00 PureMuscle(1) Lyssa 11:15 Yoga(3) Shana 12:00 Zumba/CD (1) Dani 12:30 Barre (3) Shana
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11:30 BST/BP 90 (1) Sarah 12:00 SPIN (2) Katie 1:00 M&M 45 (1) Sommer 1:00 Yoga (3) Susan 1:50 BodyCombat (1) Shannon 2:05 Barre (3) Mikaela 2:55 BodyPump (1) Alesia/Nancy 3:10 GF Yoga 45 (3) Linda 4:00 Zumba/CD (1) Fumika 4:10 BodyFlow (3) Linda Sunday Changes..... 1:00-1:55 Yoga 2:05-3:00 Barre 3:10-4:05 GF Yoga 4:10-5:10 BodyFlow	3 6:00 BST/BP (1) Nancy 6:00 SPIN (2) Kari 8:00 Barre (3) Chloe 8:15 BodyStep (1) Lara 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) Wendy 10:45 GoLow (1) Chloe 11:00 Aqua (P) Lara 12:00 BodyFlow (3) Lara 12:00 SPIN (2) Katie 1:00 Cardio Str. (1) Susan 4:30 Cardio Step 45(1) Shana 5:00 POUND (3) Allyson 5:15 CXworx (1) Shana 5:45 BodyAttack45 (1) Shana 6:00 Aqua (P) Alesia 6:00 Yoga (3) Wendy 6:30 BodyPump (1) Allison/Ashley 7:15 SPIN (2) Chris O 7:30 Zumba (1) Ildiko	4 6:00 BodyAttack (1) Nancy 6:00 BodyFlow (3) Kari 8:00 Tone&Balance (3) Chloe 8:15 SPIN (2) Lara 8:30 KickBoxing (1) Stephanie 9:00 Aqua Boot Camp Deb 9:00 BodyFlow (3) Sommer 9:30 BodyAttack (1) Stephanie 9:30 SPRINT (2) Sommer 10:00 Yoga (3) Wendy 10:30 BodyPump (1) Stephanie/Ashley 11:00 Jointercize (P) Lara 11:00 Barre (3) Lara 12:00 M&M 45 (1) Katie 12:00 Zumba/CD (3) Susan 1:00 Aqua Flow (P) Shana 1:30 Parkinson's (2) Allyson 4:30 BST/BP 70 (1) Shana 4:30 Barre (3) Shana 5:30 BodyFlow (3) Alesia 5:45 PureMuscle45 (1) Wendy 6:30 Spin (2) Allison/Ashley 6:30 BodyCombat (1) Chris O 6:35 Barre 30 (3) Ildiko	5 6:00 Boot Camp (1) Shana 6:00 SPIN (2) Jackie 8:30 PureMuscle (1) Sara 9:00 Aqua-DW (P) Lori 9:00 Pilates (3) Dani 9:30 Cardio Step 45 (1) Stephanie 10:00 Jointercize (P) Lara 10:15 Total Core (1) Ashley 10:15 Yoga (3) Sara 10:45 GoLow (1) Lori 11:00 Aqua (P) Lori 11:30 Beg Tai Chi (3) Stephanie/Ashley 12:00 BodyPump 45 (1) Karen K 12:00 SPIN (2) Lyssa 12:30 Int Tai Chi (3) Sarah 1:00 Cardio Str. (1) Chloe 2:15 GF Yoga (3) Debbie 5:00 POUND (3) Stephanie 5:00 Zumba/CD (1) Stacie 6:00 SPRINT (2) Mary Alex 6:00 Aqua (P) Kristi 6:00 BodyPump (1) Lyssa 6:00 Yoga (3) Ashley 7:00 Feldenkrais (3) Rebecca Karen	6 6:00 SPRINT (2) Sommer 6:00 BodyPump (1) Nancy 8:00 Tone&Balance (3) Lara 8:15 SPIN (2) Donna 8:30 BSS (1) Karen 9:00 Aqua Boot Camp Dani 9:30 BodyFlow (3) Donna 9:30 BodyStep (1) Dani 10:30 Feldenkrais (3) Karen 10:30 BodyPump (1) Lori 12:00 Zumba /CD (3) Chloe 12:00 M&M 45 (1) Bill/Linda 1:30 Parkinsons (2) Stacie 4:30 BodyAttack (1) Chris 4:30 Barre (3) Bill/Linda 5:30 Total Core 30 (1) Sara 5:30 BodyFlow (3) Lori 6:00 Aqua Boot Camp Kristi 6:15 BodyCombat (1) Eric H 6:30 PureMuscle (3) Kristi 7:30 Zumba/CD (1) Danielle Debbie	7 6:00 Boot Camp (1) Sara 6:00 SPIN (2) Nancy 8:30 BodyPump (1) Lyssa 8:30 Pilates (3) Lori 9:00 Aqua (P) Eric 9:35 BodyFlow (3) Chloe 9:30 KickBoxing (1) Cassie 10:00 Jointercize (P) Sarah 10:30 GoLow (1) Debbie 10:40 Yoga (3) Sarah/Cassie 11:00 Aqua (P) Julie 11:30 BST/BP 75 (1) Sara 12:00 SPRINT (2) Nancy 1:00 Zumba Gold (1) Stacie 1:30 Parkinsons (2) Linda 2:15 Feldenkrais (3) Ashley 4:30 Cardio Step (1) Linda 5:30 BodyPump (1) Dani Ashley	8 8:00 BodyStep (1) Nancy 8:00 SPIN (2) Jorge 9:00 Aqua (P) Cassie/Ashley 9:00 BodyPump (1) Lori 9:00 BodyFlow (3) Kristi 10:00 Aqua Boot Camp Cassie 10:00 BodyAttack (1) Alesia 10:00 SPRINT (2) Kristi 10:00 POUND (3) Sara 11:00 PureMuscle(1) Alesia 11:15 Yoga(3) Nancy 12:00 Zumba/CD (1) Stephanie 12:30 Barre (3) Mikaela Debbie	9 8:00 BodyStep (1) Alesia 8:00 SPIN (2) Sheila 9:00 Aqua (P) Pam 9:00 BodyPump (1) Shannon/Sheila 9:00 BodyFlow (3) Linda 10:00 Aqua Boot Camp Wendy 10:00 BodyAttack (1) Ashley 10:00 SPRINT (2) Eric H 10:00 POUND (3) Kristi 11:00 PureMuscle(1) Sara 11:15 Yoga(3) Jackie 12:00 Zumba/CD (1) Carlissa 12:30 Barre (3) Jackie
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(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				

<p>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) 2:05 Barre (3) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)</p> <p>Sunday Changes..... 1:00-1:55 Yoga 2:05-3:00 Barre 3:10-4:05 GF Yoga 4:10-5:10 BodyFlow</p>	<p>10 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 Jointerize (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)</p> <p>Stacie Ashley Courtney Sheila Ashley Jackie Sheila/Cassie Jackie Cassie Jackie</p>	<p>11 Shannon Nancy Shana Chloe Stephanie Deb Eric Stephanie Eric Shana Eric Chloe Karen Chris Pam Alesia Allyson Alesia Stacie Kristi Wendy Courtney/Stacie Chris O Ildiko</p> <p>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 Jointerize (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)</p>	<p>12 Shana Jackie Sara Cindy Shana Sommer Cassie Ashley Eric H Lori Cassie/Sarah Karen K Chloe Lyssa Lara Chloe No Class Today Kari Alesia Mary Alex Karen Courtney Ashley Rebecca Karen</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 Jointerize (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-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 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p>	<p>13 Nancy Kari Carlissa Donna Karen Carlissa Donna Shana Karen Shana Lara Bill/Linda Cassie Meg Bill/Linda Stephanie Kristi Fumika Sara Dani Ashley Jackie Debbie</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 BodyFlow (3) 6:00 Aqua Boot Camp 6:15 BodyCombat (1) 6:30 PureMuscle (3) 7:30 Zumba/CD (1)</p>	<p>14 Sara Jackie Stephanie Lori Lyssa Chloe Lara Stacie Debbie Stacie/Ashley Julie Dani Nancy Mikaela Shana Ashley Kristi Wendy Ashley 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 Jointerize (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>15 Jackie Jorge Stephanie/Lara Wendy Kristi Lara Alesia Kristi Alesia Shana Stephanie Ashley Eric H Debbie Julie Debbie Shana Courtney</p> <p>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)</p> <p>Sarah Jorge Kari Sarah/Shannon Kristi Kari Stacie Mikaela Kristi Lyssa Karen Chloe Karen</p>
<p>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) 2:05 Barre (3) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)</p> <p>Sunday Changes..... 1:00-1:55 Yoga 2:05-3:00 Barre 3:10-4:05 GF Yoga 4:10-5:10 BodyFlow</p>	<p>17 Stacie Jorge Sara Chloe Wendy Shannon Shana Danielle/Allison Shana Dani Danielle</p> <p>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 Jointerize (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)</p>	<p>18 Jackie Nancy Mikaela Chloe Stephanie Deb Eric Stephanie Eric Shana Sara Lara Cassie Chris Pam Carlissa Alesia Stacie Stacie Kristi Wendy Courtney/Ashley Chris O Ildiko</p> <p>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 Jointerize (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)</p>	<p>19 Shana Jackie Lyssa Cindy Shana Wendy Lara Ashley Sara Shana Sarah/Ashley Karen K Shana Chloe Fumika Debbie Nancy Stacie Karen Karen Chloe Carlissa Rebecca Chloe</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 Jointerize (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-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>20 Shannon Shana Lyssa Lara Karen Shana Lara Shana Karen Stephanie Chloe Bill/Linda Lara Meg Bill/Linda Lori Kristi Allyson Eric H Wendy Courtney Alesia Debbie</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 BodyFlow (3) 6:00 Aqua Boot Camp 6:15 BodyCombat (1) 6:30 PureMuscle (3) 7:30 Zumba/CD (1)</p>	<p>21 Sara Nancy Sara Lara Eric Lori Cassie Sarah Debbie Sarah/Cassie Julie Chloe Nancy Stacie Mary Alex Stacie Linda Dani Ashley Kristi 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 Jointerize (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>22 Lara Jorge Stephanie/Cassie Lori Wendy Cassie Kristi Wendy Chloe Alesia Nancy Lara Eric H Debbie Julie Debbie Carlissa Sarah</p> <p>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)</p> <p>Jackie No Class Today Pam Courtney Danielle Eric No Class Today Allyson Eric Wendy Julie Linda</p> <p>No SPIN/SPRINT classes Today due to SPRINT Instructor Training</p>
<p>11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BodyCombat (1) 2:05 Barre (3) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)</p> <p>No SPIN class Today due to SPRINT Instructor Training Studio 2 is unavailable for use today</p>	<p>24 Jackie No Class Today Courtney Sheila Rebecca Linda Sheila/Courtney Linda Fumika Linda</p> <p>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 Jointerize (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)</p>	<p>25 Shannon Kari Shana Lara Stephanie Deb Sommer Stephanie Sommer Wendy Eric Lara Karen Cindy Pam Alesia Kristi Alesia Stacie Kristi Wendy Allison/Danielle Chris O Ildiko</p> <p>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 Jointerize (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)</p>	<p>26 Shana Jackie Kari Cindy Dani Stephanie Lara Eric Eric H Lori Cassie/Stacie Karen K Shana Sara Cassie Debbie Alesia Linda Karen Carlissa Ashley Mikaela Karen</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 Jointerize (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)</p>	<p>27 Lara Nancy Shana Shana Karen Dani Donna Shana Karen Shana Donna Bill/Linda Stephanie Chris Bill/Linda Stephanie Wendy Allyson Dani Kristi Ashley Jackie Debbie</p> <p>6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN-RPM (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 BodyFlow (3) 6:00 Aqua Boot Camp 6:15 BodyCombat (1) 6:30 PureMuscle (3) 7:30 Zumba/CD (1)</p>	<p>28 Sara Jackie Stephanie Meg Lori Lara Cassie Stacie Debbie Lara/Stacie Julie Sara Nancy Ashley Mikaela Ashley Linda Kristi Rebecca 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 Jointerize (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>29 Jackie Jorge Stephanie/Lara Wendy Kristi Lara Alesia Kristi Alesia Shana Stephanie Ashley Eric H Debbie Julie Debbie Carlissa Sarah</p> <p>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)</p> <p>Jackie No Class Today Pam Courtney Danielle Eric No Class Today Allyson Eric Wendy Julie Linda</p> <p>No SPIN/SPRINT classes Today due to SPRINT Instructor Training</p>