



SUN	MON	TUE	WED	THU	FRI	SAT
<p>**NEW** SPRINT Sundays at 2:15pm and Thursdays at 6:15pm M&M (Metabolic Meltdown) Wednesdays at 5:00pm</p> <p>CANCELLED: Wednesday 5:00 Zumba/CD due to attendance</p> <p>MOVED: Wednesday 2:15 Gentle Flow Yoga moves to 4:00pm Thursday 6:30 Pure Muscle moves to 5:30 and studio #1, becomes a 45 minute format Thursday 5:30 Total Core moves to 5:35 and studio #3 Thursday 5:30 BodyFlow moves to 6:15</p> <p>CHANGED: Monday 6:00am Combo class in studio #1 to a BodyPump only class</p> <p>Sunday 3/24 11:30 BST/BP class will be a Cardio Step/Pure Muscle/Cxworx 90 min. combo class NO POUND CLASSES ON SAT. 3/16, MON. 3/18, WED. 3/20 OR SATURDAY 3/23</p>					1	2
<p>11:30 BST/BP 90 (1) Stacie 12:00 SPIN (2) Jorge 1:00 M&M 45 (1) Courtney 1:00 Yoga (3) Shana 1:50 BodyCombat (1) Ashley 2:05 Barre (3) Shana 2:15 SPRINT (2) Sara 2:55 BodyPump (1) Ashley/Nancy 3:10 GF Yoga 45 (3) Shana 4:00 Zumba/CD (1) Debbie 4:10 BodyFlow (3) Sheila</p>	<p>6:00 BodyPump (1) Jackie 6:00 SPIN (2) Lara 8:00 Barre (3) Chloe 8:15 BodyStep (1) Lara 9:00 Aqua (P) Stephanie 9:00 Pilates (3) Deb 9:15 PureMuscle45 (1) Eric T 10:00 Jointercize (P) Stephanie 10:05 CXworx (1) Eric T 10:15 Yoga (3) Lori 10:45 GoLow (1) Chloe 11:00 Aqua (P) Shannon 12:00 BodyFlow (3) Cassie 12:00 SPIN (2) Chris 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) Mikaela 6:00 Aqua (P) Shannon 6:00 Yoga (3) Wendy 6:30 BodyPump (1) Allison/Courtney 7:15 SPIN (2) Chris O 7:30 Zumba (1) Ildiko</p>	<p>6:00 BodyAttack (1) Shana 6:00 BodyFlow (3) Jackie 8:00 Tone&Balance (3) Lyssa 8:15 SPIN (2) Shana 8:30 KickBoxing (1) Stephanie 9:00 Aqua Boot Camp (1) Lori 9:00 BodyFlow (3) Lara 9:30 BodyAttack (1) Ashley 9:30 SPRINT (2) Eric 10:00 Yoga (3) Susan 10:30 BodyPump (1) Ashley/Cassie 11:00 Jointercize (P) Karen K 11:00 Barre (3) Chloe 12:00 M&M 45 (1) Shannon 12:00 Zumba/CD (3) Chloe 1:00 Aqua Flow (P) Debbie 1:30 Parkinson's (2) Stephanie 4:30 BST/BP 70 (1) Stacie 4:30 Barre (3) Linda 5:30 BodyFlow (3) Karen 5:45 PureMuscle45 (1) Kristi 6:30 Spin (2) Ashley 6:30 BodyCombat (1) Rebecca 6:35 Barre 30 (3) Karen</p>	<p>6:00 Boot Camp (1) Shannon 6:00 SPIN (2) Nancy 8:30 PureMuscle (1) Lyssa 9:00 Aqua-DW (P) Lara 9:00 Pilates (3) Karen 9:30 Cardio Step 45 (1) Shana 10:00 Jointercize (P) Wendy 10:15 Yoga (3) Shana 10:45 GoLow (1) Sara 11:00 Aqua (P) Chloe 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BodyPump 45 (1) Sarah 12:00 SPIN (2) Lori 12:30 Int Tai Chi (3) Bill/Linda 1:00 Cardio Str. (1) Susan 4:00 GF Yoga (3) Lori 5:00 POUND (3) Allyson 5:00 M&M 45 (1) Courtney 6:00 SPRINT (2) Eric H 6:00 Aqua (P) Kristi 6:00 BodyPump (1) Courtney 6:00 Yoga (3) Jackie 7:00 Feldenkrais (3) Debbie</p>	<p>6:00 SPRINT (2) Sara/Lara 6:00 BodyPump (1) Nancy 8:00 Tone&Balance (3) Wendy 8:15 SPIN (2) Meg 8:30 BSS (1) Eric 9:00 Aqua Boot Camp (1) Lara 9:30 BodyFlow (3) Cassie 9:30 BodyStep (1) Chloe 10:30 Feldenkrais (3) Debbie 10:30 BodyPump (1) Cassie/Stephanie 12:00 Zumba /CD (3) Julie 12:00 M&M 45 (1) Lyssa 1:30 Parkinsons (2) Nancy 4:30 BodyAttack (1) Stacie 4:30 Barre (3) Shana 5:30 PureMuscle 45(1) Sara 5:35 Total Core 30 (3) Shana 6:00 Aqua Boot Camp (1) Kristi 6:15 BodyCombat (1) Ashley 6:15 BodyFlow (3) Linda 6:15 SPRINT (2) Mikaela 7:30 Zumba/CD (1) Ildiko</p>	<p>6:00 Boot Camp (1) Sommer 6:00 SPIN (2) Jorge 8:30 BodyPump (1) Shannon/Lara 8:30 Pilates (3) Lori 9:00 Aqua (P) Chloe 9:35 BodyFlow (3) Kristi 9:30 KickBoxing (1) Shana 10:00 Jointercize (P) Susan 10:30 GoLow (1) Eric 10:40 Yoga (3) Wendy 11:00 Aqua (P) Shannon 11:30 BST/BP 75 (1) Stephanie 12:00 SPRINT (2) Eric/Sarah 1:00 Zumba Gold (1) Debbie 1:30 Parkinsons (2) Julie 2:15 Feldenkrais (3) Debbie 4:30 Cardio Step (1) Shana 5:30 BodyPump (1) Stacie</p>	<p>8:00 BodyStep (1) Stacie 8:00 SPIN (2) Wendy 9:00 Aqua (P) Kristi 9:00 BodyPump (1) Stacie/Allison 9:00 BodyFlow (3) Cassie 10:00 Aqua Boot Camp (1) Sommer 10:00 BodyAttack (1) Eric T 10:00 SPRINT (2) Shannon/Shana 10:00 POUND (3) Cassie 11:00 PureMuscle(1) Lyssa 11:15 Yoga(3) Sheila 12:00 Zumba/CD (1) Allyson 12:30 Barre (3) Linda</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				

<p>10</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) 2:15 SPRINT (2) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)</p> <p>Stacie Jorge Courtney Lori Shannon Jackie Eric H Allison/Courtney Jackie Dani Jackie</p>	<p>11</p> <p>6:00 BodyPump (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)</p> <p>Nancy Kari Shana Chloe Stephanie Deb Sommer Stephanie Sommer Shana Eric T Shannon Karen Cindy Stephanie Shana Allyson Shana Stacie Kristi Wendy Ashley/Mikaela Chris O Ildiko</p>	<p>12</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 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)</p> <p>Shana Jackie Kari Stephanie Dani Chloe Lara Eric Mathilde/Sarah Susan Cassie/Ashley Karen K Shana Eric H Cassie Linda Kari Stacie Chloe Linda Courtney Carlissa Rebecca Linda</p>	<p>13</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 Total Core 30 (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) 4:00 GF Yoga (3) 5:00 POUND (3) 5:00 M&M 45 (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p> <p>Shannon Nancy Sara Lara Karen Dani Wendy Chloe Karen Chloe Stephanie Bill/Linda Cassie Chris Bill/Linda Susan Lori Kristi Courtney Eric H Kristi Sarah Jackie NO CLASS</p>	<p>14</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 PureMuscle 45(1) 5:35 Total Core 30 (3) 6:00 Aqua Boot Camp 6:15 BodyCombat (1) 6:15 BodyFlow (3) 6:15 SPRINT (2) 7:30 Zumba/CD (1)</p> <p>Mathilde/Shana Lara Stephanie Wendy Eric Lori Cassie Chloe NO CLASS Stacie/Sarah Stacie/Sarah Lara Lyssa Nancy Ashley Mikaela Dani Kristi Wendy Ashley Kristi Sara/Shannon Ildiko</p>	<p>15</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>Nancy Lara Lara/Stephanie Deb Chloe Kristi Stephanie Susan Shana Lori Nancy Ashley Dani/Sara Chloe Julie NO CLASS Carlissa Shannon</p>	<p>16</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>Chloe Meg Kari Allison/Mikaela Kristi Kari Shana Shannon/Dani NO CLASS Lyssa Shana Chloe Lyssa</p>
<p>17</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) 2:15 SPRINT (2) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)</p> <p>Jackie Lori Shannon Wendy Rebecca Linda Mathilde/Lara Lara/Allison Linda Fumika Linda</p>	<p>18</p> <p>6:00 BodyPump (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)</p> <p>Lara Kari Chloe Lara Shannon Deb Sommer Donna Sommer Wendy Lori Donna Jackie Chris Pam Shana NO CLASS Shana Stacie Chloe Wendy Allison/Mikaela Chris O Ildiko</p>	<p>19</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 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)</p> <p>Shana Jackie Lyssa Cindy Shana Sommer Lara Shana Mathilde/Sara Susan Shannon/Stacie Karen K Chloe Sommer Dani Linda Kari Stacie Lyssa Linda Sarah Susan Cassie/Ashley Karen K Shana Fumika Linda Kari Stephanie Linda Allison Ashley Rebecca Karen</p>	<p>20</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 Total Core 30 (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) 4:00 GF Yoga (3) 5:00 POUND (3) 5:00 M&M 45 (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p> <p>Sommer Nancy Lyssa Donna Deb Shana Donna Sara Shana Sara Donna Bill/Linda Shannon Lori Bill/Linda Susan Wendy NO CLASS Lyssa Eric H Dani Mikaela Jackie NO CLASS</p>	<p>21</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 PureMuscle 45(1) 5:35 Total Core 30 (3) 6:00 Aqua Boot Camp 6:15 BodyCombat (1) 6:15 BodyFlow (3) 6:15 SPRINT (2) 7:30 Zumba/CD (1)</p> <p>Shana Nancy Sara Lara Lyssa Lori Lara Stacie NO CLASS Stacie/Lori Julie Lyssa Nancy Linda Danielle</p>	<p>22</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>Nancy Shana Shannon Lori Wendy Lara Shana Wendy Shana Lori Nancy Stacie Eric H Dani Danielle</p>	<p>23</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>Stacie Jorge Pam Stacie/Mikaela Sheila Sommer Shana Eric H NO CLASS Carlissa Sheila Carlissa Linda</p>
<p>**11:30 CS/PM/CX**</p> <p>12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BodyCombat (1) 2:05 Barre (3) 2:15 SPRINT (2) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)</p> <p>Shana Nancy Sommer Susan Shannon Linda Eric H Sheila/Danielle Linda Carlissa Sheila</p>	<p>24</p> <p>6:00 BodyPump (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)</p> <p>Ashley Nancy Lyssa Lara Stephanie Deb Eric Stephanie Eric Lori Eric Shannon Karen Carlissa Stephanie Shana Kristi Shana Mikaela Eric Wendy Allison/Danielle Chris O Ildiko</p>	<p>25</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 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)</p> <p>Shana Lara Kari Cindy Dani Sommer Danielle Eric T Sarah Susan Cassie/Ashley Karen K Shana Sara Fumika Linda Kari Stephanie Linda Allison Ashley Rebecca Karen</p>	<p>26</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 BodyPump45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 4:00 GF Yoga (3) 5:00 POUND (3) 5:00 M&M 45 (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p> <p>Sommer Nancy Carlissa Donna Karen Carlissa Donna Shana Karen Stephanie Bill/Linda Cassie Meg Bill/Linda Susan Wendy Allyson Sara Dani/Shannon Kristi Courtney Jackie Debbie</p>	<p>27</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 PureMuscle 45(1) 5:35 Total Core 30 (3) 6:00 Aqua Boot Camp 6:15 BodyCombat (1) 6:15 BodyFlow (3) 6:15 SPRINT (2) 7:30 Zumba/CD (1)</p> <p>Lara Nancy Wendy Lori Lara Wendy Danielle Debbie Sarah/Danielle Julie Shannon Nancy Ashley Mikaela Allison Dani Ashley Kristi Mathilde/Sara Ildiko</p>	<p>28</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>Eric H Lara Cassie/Lara Wendy Lori Lyssa Cassie Stephanie Kristi Lori Shana Eric T Shana Danielle</p>	<p>29</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>Stephanie Wendy Donna Allison/Stephanie Danielle Sommer Ashley Dani Allyson Courtney Karen Ildiko Karen</p>