

FORT SANDERS
HEALTH & FITNESS CENTER

★★★★★

531 - 5000



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fshfc.com

SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>Couple of April changes...</i></p> <p>Tuesday's 9:30am SPRINT Moves to 10:00am</p> <p>Thursday's 6:00 Aqua Boot Camp moves to 6:15pm</p>	<p>1</p> <p>6:00 BodyPump (1) Nancy 6:00 SPIN (2) Jorge 8:00 Barre (3) Lyssa 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) Lori 10:45 GoLow (1) Brigitte 11:00 Aqua (P) Donna 12:00 BodyFlow (3) Karen 12:00 SPIN (2) Chris 1:00 Cardio Str. (1) Pam 4:30 Cardio Step 45(1) Shana 5:00 POUND (3) No Class 5:15 CXworx (1) Shana 5:45 BodyAttack45 (1) Stacie 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>2</p> <p>6:00 BodyAttack (1) Shana 6:00 BodyFlow (3) Kristi 8:00 Tone&Balance (3) Stephanie 8:15 SPIN (2) Cindy 8:30 KickBoxing (1) Dani 9:00 Aqua Boot Camp Chloe 9:00 BodyFlow (3) Lara 9:30 BodyAttack (1) Ashley 10:00 SPRINT (2) Dani 10:00 Yoga (3) Shana 10:30 BodyPump (1) Ashley 11:00 Jointercize (P) Karen K 11:00 Barre (3) Shana 12:00 M&M 45 (1) Sara 12:00 Zumba/CD (3) Fumika 1:00 Aqua Flow (P) Debbie 1:30 Parkinson's (2) Stephanie 4:30 BST/BP 70 (1) Stacie 4:30 Barre (3) Chloe 5:30 BodyFlow (3) Linda 5:45 PureMuscle45 (1) Allison 6:30 Spin (2) Carlissa 6:30 BodyCombat (1) Ashley 6:35 Barre 30 (3) Linda</p>	<p>3</p> <p>6:00 Boot Camp (1) Sommer 6:00 SPIN (2) Kristi 8:30 PureMuscle (1) Lyssa 9:00 Aqua-DW (P) Donna 9:00 Pilates (3) Karen 9:30 Cardio Step 45 (1) Shana 10:00 Jointercize (P) Donna 10:15 CXworx (1) Shana 10:15 Yoga (3) Karen 10:45 GoLow (1) Lori 11:00 Aqua (P) Chloe 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BodyPump 45 (1) Stephanie 12:00 SPIN (2) Shana 12:30 Int Tai Chi (3) Bill/Linda 1:00 Cardio Str. (1) Brigitte 4:00 GF Yoga (3) Lori 5:00 POUND (3) Allyson 5:00 M&M 45 (1) Courtney 6:00 SPRINT (2) Sarah 6:00 Aqua (P) Dani 6:00 BodyPump (1) Ashley 6:00 Yoga (3) Jackie 7:00 Feldenkrais (3) Debbie</p>	<p>4</p> <p>6:00 SPRINT (2) Lara 6:00 BodyPump (1) Jackie 8:00 Tone&Balance (3) Lyssa 8:15 SPIN-RPM (2) Meg 8:30 BSS (1) Sara 9:00 Aqua Boot Camp Wendy 9:30 BodyFlow (3) Karen 9:30 BodyStep (1) Chloe 10:30 Feldenkrais (3) Debbie 10:30 BodyPump (1) Stacie/Shannon 12:00 Zumba /CD (3) Julie 12:00 M&M 45 (1) Brigitte 1:30 Parkinsons (2) Nancy 4:30 BodyAttack (1) Shana 4:30 Barre (3) Linda 5:30 PureMuscle 45(1) Courtney 5:35 Total Core 30 (3) Shana 6:15 Aqua Boot Camp Sommer 6:15 BodyCombat (1) Rebecca 6:15 BodyFlow (3) Linda 6:15 SPRINT (2) Dani 7:30 Zumba/CD (1) Ildiko</p>	<p>5</p> <p>6:00 Boot Camp (1) Brigitte 6:00 SPIN (2) Jorge 8:30 BodyPump (1) Alesia/Stephanie 8:30 Pilates (3) Wendy 9:00 Aqua (P) Lara 9:35 BodyFlow (3) Kristi 9:30 KickBoxing (1) Shana 10:00 Jointercize (P) Stephanie 10:30 GoLow (1) Chloe 11:00 Aqua (P) Wendy 11:30 BodyAttack (1) Stacie 12:00 SPRINT (2) Shannon 1:00 Zumba Gold (1) Debbie 1:30 Parkinsons (2) Julie 2:15 Feldenkrais (3) Debbie 4:30 Cardio Step (1) Carlissa 5:30 BodyPump (1) Courtney</p>	<p>6</p> <p>8:00 BodyStep (1) Chloe 8:00 SPIN (2) Sheila 9:00 Aqua (P) Pam 9:00 BodyPump (1) Sheila/Nancy 9:00 BodyFlow (3) Kristi 10:00 Aqua Boot Camp Dani 10:00 BodyAttack (1) Eric 10:00 BodyAttack (1) Shana 10:00 POUND(3) Kristi 11:00 PureMuscle(1) Carlissa 11:15 Yoga(3) Karen 12:00 Zumba/CD (1) Carlissa 12:30 Barre (3) Karen</p>
<p>7</p> <p>11:30 BST/BP 90 (1) Stacie 12:00 SPIN (2) Nancy 1:00 M&M 45 (1) Eric 1:00 Yoga (3) Jackie 1:50 BodyCombat (1) Shannon 2:05 Barre (3) Jackie 2:15 SPRINT (2) Mathilde 2:55 BodyPump (1) Danielle/Courtney 3:10 GF Yoga 45 (3) Sheila 4:00 Zumba/CD (1) Allyson 4:10 BodyFlow (3) Linda</p>	<p>8</p> <p>6:00 BodyPump (1) Lara 6:00 SPIN (2) Nancy 8:00 Barre (3) Shana 8:15 BodyStep (1) Chloe 9:00 Aqua (P) Stephanie 9:00 Pilates (3) Deb 9:15 PureMuscle45 (1) Eric 10:00 Jointercize (P) Stephanie 10:05 CXworx (1) Eric 10:15 Yoga (3) Shana 10:45 GoLow (1) Eric 11:00 Aqua (P) Chloe 12:00 BodyFlow (3) Karen 12:00 SPIN (2) Chris 1:00 Cardio Str. (1) Pam 4:30 Cardio Step 45(1) Carlissa 5:00 POUND (3) Allyson 5:15 CXworx (1) Shannon 5:45 BodyAttack45 (1) Stacie 6:00 Aqua (P) Shannon 6:00 Yoga (3) Wendy 6:30 BodyPump (1) Allison/Stacie 7:15 SPIN (2) Chris O 7:30 Zumba (1) Ildiko</p>	<p>9</p> <p>6:00 BodyAttack (1) Shana 6:00 BodyFlow (3) Jackie 8:00 Tone&Balance (3) Debbie 8:15 SPIN-RPM (2) Meg 8:30 KickBoxing (1) Dani 9:00 Aqua Boot Camp Chloe 9:00 BodyFlow (3) Lara 9:30 BodyAttack (1) Eric 10:00 SPRINT (2) Sarah 10:15 Yoga (3) Sarah 10:30 BodyPump (1) Cassie/Sarah 11:00 Jointercize (P) Karen K 11:00 Barre (3) Chloe 12:00 M&M 45 (1) Lyssa 12:00 Zumba/CD (3) Cassie 1:00 Aqua Flow (P) Debbie 1:30 Parkinson's (2) Kari 4:30 BST/BP 70 (1) Stephanie 4:30 Barre (3) Linda 5:30 BodyFlow (3) Karen 5:45 PureMuscle45 (1) Sara 6:30 Spin (2) Carlissa 6:30 BodyCombat (1) Rebecca 6:35 Barre 30 (3) Karen</p>	<p>10</p> <p>6:00 Boot Camp (1) Sommer 6:00 SPIN (2) Stephanie 8:30 PureMuscle (1) Brigitte 9:00 Aqua-DW (P) Donna 9:00 Pilates (3) Karen 9:30 Cardio Step 45 (1) Shana 10:00 Jointercize (P) Donna 10:15 CXworx (1) Shana 10:15 Yoga (3) Karen 10:45 GoLow (1) Chloe 11:00 Aqua (P) Stephanie 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BodyPump 45 (1) Nancy 12:00 SPIN (2) Carlissa 12:30 Int Tai Chi (3) Bill/Linda 1:00 Cardio Str. (1) Chloe 4:00 GF Yoga (3) Lori 5:00 POUND (3) Alesia 5:00 M&M 45 (1) Sara 6:00 SPRINT (2) Dani 6:00 Aqua (P) Kristi 6:00 BodyPump (1) Ashley 6:00 Yoga (3) Jackie 7:00 Feldenkrais (3) Debbie</p>	<p>11</p> <p>6:00 SPRINT (2) Lara 6:00 BodyPump (1) Nancy 8:00 Tone&Balance (3) Kari 8:15 SPIN (2) Lori 8:30 BSS (1) Lyssa 9:00 Aqua (P) Chloe 9:00 Aqua Boot Camp Lara 9:30 BodyFlow (3) Cassie 9:30 BodyStep (1) Stacie 10:30 Feldenkrais (3) Debbie 10:30 BodyPump (1) Stacie/Cassie 12:00 Zumba /CD (3) Julie 12:00 M&M 45 (1) Chloe 1:30 Parkinsons (2) Nancy 4:30 BodyAttack (1) Ashley 4:30 Barre (3) Shana 5:30 PureMuscle 45(1) Courtney 5:35 Total Core 30 (3) Ashley 6:15 Aqua Boot Camp Dani 6:15 BodyCombat (1) Ashley 6:15 BodyFlow (3) Karen 6:15 SPRINT (2) Sara 7:30 Zumba/CD (1) Ildiko</p>	<p>12</p> <p>6:00 Boot Camp (1) Nancy 6:00 SPIN (2) Lara 8:30 BodyPump (1) Alesia/Lara 8:30 Pilates (3) Lori 9:00 Aqua (P) Chloe 9:35 BodyFlow (3) Kristi 9:30 KickBoxing (1) Brigitte 10:00 Jointercize (P) Wendy 10:30 GoLow (1) Brigitte 10:40 Yoga (3) Shana 11:00 Aqua (P) Wendy 11:30 BST/BP 75 (1) Stephanie 12:00 SPRINT (2) Sarah 1:00 Zumba Gold (1) Debbie 1:30 Parkinsons (2) Julie 2:15 Feldenkrais (3) Debbie 4:30 Cardio Step (1) Dani 5:30 BodyPump (1) Courtney</p>	<p>13</p> <p>8:00 BodyStep (1) Jackie 8:00 SPIN (2) Jorge 9:00 Aqua (P) Kristi 9:00 BodyPump (1) Jackie/Allison 9:00 BodyFlow (3) Danielle 10:00 Aqua Boot Camp Sommer 10:00 BodyAttack (1) Shannon 10:00 SPRINT (2) Sarah 10:00 POUND (3) Kristi 11:00 PureMuscle(1) Lyssa 11:15 Yoga(3) Shana 12:00 Zumba/CD (1) Julie 12:30 Barre (3) Shana</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>14</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) 2:15 SPRINT (2) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)</p> <p>Jackie Meg Courtney Jackie Ashley Mary Alex Shana Ashley/Lara Shana Fumika Lara</p>	<p>15</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>Jackie Chloe Lara Stephanie Deb Sommer Stephanie Sommer Lori Shannon Chloe Cassie Cindy Pam Shana Allyson Shana Shana Shannon Wendy Courtney/Danielle Chris O Ildiko</p>	<p>16</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) 10:00 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>Shannon Lara Debbie Cindy Dani Lara TBA Eric Dani Shana Ashley/Cassie Karen K Shana Brigitte Chloe Debbie Stephanie Alesia Lyssa Linda Chloe Mary Alex Ashley Linda</p>	<p>17</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 (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 4:00 GF Yoga (3) 5:00 POIND (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>Nancy Shana Sara Lara Karen Shana Stephanie Shana Karen Chloe Shannon Bill/Linda Stephanie Chris Bill/Linda Lori Wendy Kristi Sara Sarah Kristi Courtney Jackie Debbie</p>	<p>18</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 PureMuscle 45(1) 5:35 Total Core 30 (3) 6:15 Aqua Boot Camp 6:15 BodyCombat (1) 6:15 BodyFlow (3) 6:15 SPRINT (2) 7:30 Zumba/CD (1)</p> <p>Shana Nancy Stephanie Meg Brigitte Lori Cassie Chloe Debbie Julie Lyssa Nancy Ashley Karen Allison Sara Sommer Rebecca TBA Sara Dani</p>	<p>19</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>Sommer Jorge Lara/Shannon Wendy Kristi TBA Alesia Kristi Shana Alesia Dani Eric Sarah/Mathilde Debbie Julie Debbie Shana Ashley</p>	<p>20</p> <p>8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 9:00 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>Alesia Chris Pam Sarah/Shannon Cassie Wendy Ashley Sara Cassie Courtney Wendy Julie Karen B</p>
<p>21</p>  <p>CLUB HOURS 1:00-5:00PM</p>	<p>22</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 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>Lara Kari Shana Lara Stephanie Deb Lyssa Stephanie Lyssa Wendy Eric Donna Meg/Stephanie Mary Alex Pam Shana Kristi Shannon Shannon Alesia Wendy Chris O Ildiko</p>	<p>23</p> <p>6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN-RPM (2) 8:30 KickBoxing (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 10:00 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 Stephanie Meg Brigitte Dani Lara Ashley Sarah Lori Ashley/Sarah Karen K Chloe Lyssa Cassie Debbie Kari Stacie Mary Alex Karen/Sara Allison Ashley Rebecca Karen</p>	<p>24</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 Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:30 Beg Tai Chi (3) 12:00 BodyPump 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 4:00 GF Yoga (3) 5:00 POIND (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 Chloe Donna Karen Dani Donna Dani Karen Lori Chloe Bill/Linda Shannon Carlissa Bill/Linda Stephanie Lori Allyson Courtney Sara Kristi Ashley Jackie Debbie</p>	<p>25</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) 6:15 Aqua Boot Camp 6:15 BodyCombat (1) 6:15 BodyFlow (3) 6:15 SPRINT (2) 7:30 Zumba/CD (1)</p> <p>Lara/Mathilde Nancy Chloe Lori Eric Lara Cassie Chloe Debbie Cassie/Stacie Julie Sara Nancy Stacie Lyssa Brigitte Ashley Sommer Ashley Sara Dani Ildiko</p>	<p>26</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>Sommer Nancy Lara/Stephanie Lori Kristi Stephanie Shana Kristi Brigitte Shana Nancy Stacie Sara Debbie Julie Debbie Shana Courtney</p>	<p>27</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>Nancy Jorge Kari Nancy/Allison Kristi Kari Eric Shannon Kristi Eric Shana Julie Shana</p>
<p>28</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>Alesia Jorge Sara Lori Ashley Linda Lara Ashley/Courtney Linda Dani Linda</p>	<p>29</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 Lara Lyssa Lara Stephanie Deb Eric Stephanie Eric TBA Meg Shannon Cassie Chris Shana Alesia Stacie Shana Shannon Shana Allison/Stacie Chris Ildiko</p>	<p>30</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) 10:00 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>Shannon Kristi Lyssa Shana Stephanie Dani Meg/Sara Stacie Shannon Shana Cassie/Stacie Karen K Mary Alex Brigitte Chloe Kari Alesia Chloe Allison Ashley Rebecca Karen</p>	<h1 style="font-size: 4em; color: #4F81BD; text-shadow: 2px 2px 0px #4F81BD;">WORLD TAI CHI DAY</h1> <p style="font-size: 1.5em; font-weight: bold; color: black;">Saturday April 27th at 10:00am!</p> <p style="font-size: 1.5em; font-weight: bold; color: black;">Please join us in the Courtyard between Buildings 3, 4, & 5</p>			