

FORT SANDERS
HEALTH & FITNESS CENTER

★★★★★

531 - 5000



GROUP FITNESS
2019


Find this schedule in a
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version on our website at
fshfc.com

SUN	MON	TUE	WED	THU	FRI	SAT
<p>SPRINT TIME CHANGE/ADDITION Tuesdays 10:00am moves to 9:45 due to member requests ***NEW*** Tuesday SPRINT at 6:30pm (replaces current Spin class)</p> <p>Sundays at 1:50 we will alternate between BodyCombat and Kickboxing</p>			<p>1</p> <p>6:00 Boot Camp (1) Nancy 6:00 SPIN (2) Stephanie 8:30 PureMuscle (1) Lyssa 9:00 Aqua-DW (P) Chloe 9:00 Pilates (3) Karen 9:30 Cardio Step 45 (1) Shana 10:00 Jointercize (P) Debbie 10:15 CXworx (1) Shana 10:15 Yoga (3) Karen 10:45 GoLow (1) Shana 11:00 Aqua (P) Debbie 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BodyPump 45 (1) Sarah 12:00 SPIN (2) Katie 12:30 Int Tai Chi (3) Bill/Linda 1:00 Cardio Str. (1) Sara 4:00 GF Yoga (3) Lori 5:00 POUND (3) Alesia 5:00 M&M 45 (1) Courtney 6:00 SPRINT (2) Shannon 6:00 Aqua (P) Kristi 6:00 BodyPump (1) Courtney 6:00 Yoga (3) Lori 7:00 Feldenkrais (3) Debbie</p>	<p>2</p> <p>6:00 SPRINT (2) Sara 6:00 BodyPump (1) Nancy 8:00 Tone&Balance (3) Lyssa 8:15 SPIN (2) Meg 8:30 BSS (1) Eric 9:00 Aqua Boot Camp Lara 9:30 BodyFlow (3) Cassie/Meg 9:30 BodyStep (1) Chloe 10:30 Feldenkrais (3) Debbie 10:30 BodyPump (1) Shannon/Cassie 12:00 Zumba /CD (3) Julie 12:00 M&M 45 (1) Brigitte 1:30 Parkinsons (2) Nancy 4:30 BodyAttack (1) Stacie 4:30 Barre (3) Mary Alex 5:30 PureMuscle 45(1) Courtney 5:35 Total Core 30 (3) Mary Alex 6:15 Aqua Boot Camp Sommer 6:15 BodyCombat (1) Shannon 6:15 BodyFlow (3) Linda 6:15 SPRINT (2) Dani 7:30 Zumba/CD (1) Allyson</p>	<p>3</p> <p>6:00 Boot Camp (1) Brigitte 6:00 SPIN (2) Nancy 8:30 BodyPump(1)Stephanie/Cassie 8:30 Pilates (3) Lori 9:00 Aqua (P) Lara 9:35 BodyFlow (3) Kristi 9:30 Kick Boxing (1) Dani 10:00 Jointercize (P) Stephanie 10:30 GoLow (1) Chloe 10:40 Yoga (3) Shana 11:00 Aqua (P) Katie 11:30 BodyAttack (1) Eric 12:00 SPRINT (2) Nancy 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) Courtney</p>	<p>4</p> <p>8:00 BodyStep (1) Nancy 8:00 SPIN (2) Sheila 9:00 Aqua (P) Shannon 9:00 BodyPump (1) Nancy/Sheila 9:00 BodyFlow (3) Kristi 10:00 Aqua Boot Camp Shannon 10:00 BodyAttack (1) Shana 10:00 SPRINT (2) Mathilde 10:00 POUND(3) Kristi 11:00 PureMuscle(1) Brigitte 11:15 Yoga(3) Shana 12:00 Zumba/CD (1) Julie 12:30 Barre (3) Chloe</p>
<p>5</p> <p>11:30 BST/BP 90 (1) Jackie 12:00 SPIN (2) Jorge 1:00 M&M 45 (1) Sommer 1:00 Yoga (3) Jackie 1:50 KickBoxing (1) Courtney 2:05 Barre (3) Mary Alex 2:15 SPRINT (2) Lara 2:55 BodyPump (1) Lara/Courtney 3:10 GF Yoga 45 (3) Sheila 4:00 Zumba/CD (1) Dani 4:10 BodyFlow (3) Sheila</p>	<p>6</p> <p>6:00 BodyPump (1) Jackie 6:00 SPIN (2) Nancy 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 Total Core (1) Sommer 10:15 Yoga (3) Shana 10:45 GoLow (1) Eric 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) Alesia 5:15 CXworx (1) Shana 5:45 BodyAttack45 (1) Stacie 6:00 Aqua (P) Kari 6:00 Yoga (3) Jackie 6:30 BodyPump (1) Stacie/Courtney 7:15 SPIN (2) Chris O 7:30 Zumba (1) Ildiko</p>	<p>7</p> <p>6:00 BodyAttack (1) Shana 6:00 BodyFlow (3) Lara 8:00 Tone&Balance (3) Kari 8:15 SPIN (2) Cindy 8:30 KickBoxing (1) Shana 9:00 Aqua Boot Camp Lara 9:00 BodyFlow (3) Cassie/Meg 9:30 BodyAttack (1) Eric 9:45 SPRINT (2) Dani 10:00 Yoga (3) Shana 10:30 BodyPump (1) Shana 11:00 Jointercize (P) Ashley/Cassie 11:00 Barre (3) Karen K 12:00 M&M 45 (1) Chloe 12:00 M&M 45 (1) Brigitte 12:00 Zumba /CD (3) Chloe 1:00 Aqua Flow (P) Debbie 1:30 Parkinson's (2) Kari 4:30 BST/BP 70 (1) Stacie 4:30 Barre (3) Lyssa 5:30 BodyFlow (3) Karen 5:45 PureMuscle45 (1) Katie 6:30 SPRINT (2) Sarah 6:30 BodyCombat (1) Ashley 6:35 Barre 30 (3) Karen</p>	<p>8</p> <p>6:00 Boot Camp (1) Shannon 6:00 SPIN (2) Kari 8:30 PureMuscle (1) Sara 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) Eric 10:45 GoLow (1) Shana 11:00 Aqua (P) Chloe 11:30 Beg Tai Chi (3) Bill/Linda 12:00 BodyPump 45 (1) Sarah 12:00 SPIN (2) Mary Alex 12:30 Int Tai Chi (3) Bill/Linda 4:30 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) Sara 6:00 Aqua (P) Shannon 6:00 BodyPump (1) Ashley 6:00 Yoga (3) Wendy 7:00 Feldenkrais (3) Debbie</p>	<p>9</p> <p>6:00 SPRINT (2) Lara 6:00 BodyPump (1) Nancy 8:00 Tone&Balance (3) Katie 8:15 SPIN (2) Meg 8:30 BSS (1) Lyssa 9:00 Aqua Boot Camp Wendy 9:30 BodyFlow (3) Lara 9:30 BodyStep (1) Chloe 10:30 Feldenkrais (3) Debbie 10:30 BodyPump (1) Cassie/Sarah 12:00 Zumba /CD (3) Julie 12:00 M&M 45 (1) Sara 1:30 Parkinsons (2) Nancy 4:30 BodyAttack (1) Shana 4:30 Barre (3) Linda 5:30 PureMuscle 45(1) Brigitte 5:35 Total Core 30 (3) Linda 6:15 Aqua Boot Camp Dani 6:15 BodyCombat (1) Rebecca 6:15 BodyFlow (3) Linda 6:15 SPRINT (2) Mathilde 7:30 Zumba/CD (1) Ildiko</p>	<p>10</p> <p>6:00 Boot Camp (1) Sommer 6:00 SPIN (2) Lara 8:30 BodyPump (1) Shannon/Alesia 8:30 Pilates (3) Wendy 9:00 Aqua (P) Kristi 9:35 BodyFlow (3) Meg 9:30 KickBoxing (1) Alesia 10:00 Jointercize (P) Kristi 10:30 GoLow (1) Brigitte 10:40 Yoga (3) Lori 11:00 Aqua (P) Nancy 11:30 BST/BP 75 (1) Stephanie 12:00 SPRINT (2) Dani 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) Stacie</p>	<p>11</p> <p>8:00 BodyStep (1) Alesia 8:00 SPIN (2) Nancy 9:00 Aqua (P) Stephanie 9:00 BodyPump (1) Stacie/Courtney 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) Cassie 11:00 PureMuscle(1) Sommer 11:15 Yoga(3) Jackie 12:00 Zumba/CD (1) Carlissa 12:30 Barre (3) Jackie</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)

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>12</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 Sheila Sommer Lori Shannon Linda Lara Lara/Shannon Linda Fumika Linda</p>	<p>13</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>Jackie Nancy Shana Chloe Stephanie Deb Sommer Stephanie Sommer Lori Lyssa Shannon Karen Katie Pam Carlissa Kristi Carlissa Ashley Dani Wendy Ashley/Allison Chris Ildiko</p>	<p>14</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) 9:45 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 SPRINT (2) 6:30 BodyCombat (1) 6:35 Barre 30 (3)</p> <p>Shannon Jackie Kari Cindy Dani Lara Stephanie Stacie Shana Wendy Stacie/Sarah Karen K Shana Brigitte Carlissa Debbie Stephanie Alesia Linda Linda Chloe Sarah Ashley Chloe</p>	<p>15</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 (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 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>Nancy Shana Carlissa Lara Karen Carlissa Wendy Brigitte Karen Brigitte Chloe Bill/Linda Stephanie Meg Bill/Linda Sarah Wendy Alllyson Mary Alex Shannon Courtney Alesia Debbie</p>	<p>16</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 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 Nancy Chloe Mary Alex Sarah Lori Meg Chloe Debbie Cassie/Sarah Julie Brigitte Nancy Stacie Lyssa Allison Sommer Rebecca Danielle Shannon Ildiko</p>	<p>17</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 Kari Lara/Cassie Lori Sarah Cassie Brigitte Wendy Shana Alesia Wendy Ashley Shana Debbie4 Julie Debbie Shana Courtney</p>	<p>18</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 Meg Kari Jackie/Allison Linda Kari Shana Shannon Alllyson Lyssa Wendy Ildiko Mary Alex</p>
<p>19</p> <p>11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 KickBoxing(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 Jorge Sara Karen Courtney Shana Sara Shana Alllyson Danielle</p>	<p>20</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>Jackie Kari Lyssa Lara Stephanie Deb Eric Stephanie Eric Shana Eric Donna Stephanie Chris Pam Shana Kristi Kari Shana Ashley Kristi Wendy Ashley/Allison Chris O Ildiko</p>	<p>21</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) 9:45 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 SPRINT (2) 6:30 BodyCombat (1) 6:35 Barre 30 (3)</p> <p>Shana Jackie Chloe Cindy Stephanie Chloe Lara Eric Sarah Shana Sarah/Cassie Shana Sara Cassie Debbie Kari Alesia Mary Alex Karen Courtney Mathilde Ashley Karen</p>	<p>22</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 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 Brigitte Donna Karen Shana Donna Shana Karen Sara Stephanie Bill/Linda Cassie Katie Bill/Linda Chloe Wendy Alllyson Chloe Shannon Dani Stacie Alesia Debbie</p>	<p>23</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 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 Nancy Sara Wendy Eric Lara Karen Stacie Debbie Karen/Shannon Julie Brigitte Nancy Ashley Mary Alex Allison Mary Alex Sommer Rebecca Danielle Ildiko</p>	<p>24</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>Shannon Shana Lara Wendy Kristi Lara Brigitte Kristi Brigitte Wendy Katie Alesia Dani Debbie Julie Debbie Brigitte Courtney</p>	<p>25</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/Courtney Kristi Shannon Eric Sara Kristi Eric Karen Ildiko Karen</p>
<p>26</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 Sara Alesia Ashley Karen Shannon Shannon/Ashley Karen Fumika Danielle</p>	<p>27</p> <p>9:00 Aqua Boot Camp 9:00 BodyAttack (1) 9:00 SPRINT (2) 10:00 BodyPump (1) 10:15 BodyFlow (3)</p> <p>Kristi Eric Sara Courtney Kristi</p> <p>Virtual Spin Available all day</p> <p>Club Hours 7:00am—6:00pm</p> <p>Memorial Day</p> 	<p>28</p> <p>6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 Kick Boxing (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 9:45 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 SPRINT (2) 6:30 BodyCombat(1) 6:35 Barre 30 (3)</p> <p>Shannon Jackie Sara Lara Alesia Wendy Cassie Ashley Sara Shana Ashley/Cassie Chloe Brigitte Chloe Debbie TBA Stacie Shana Karen Katie Shana Ashley Karen</p>	<p>29</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 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>Nancy Stephanie Shana Donna Karen Shana Donna Shana Karen Chloe Stephanie Bill/Linda Cassie Katie Bill/Linda Brigitte Wendy Kristi Courtney Sarah Shannon Courtney Shana Debbie</p>	<p>30</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 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 Kari Wendy Eric Chloe Lara Alesia Debbie Stacie/Sarah Julie Lyssa Nancy Stacie Linda Allison Linda Sommer Rebecca Kristi Mathilde Ildiko</p>	<p>31</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>Lara Nancy Stephanie/Lara Deb Wendy Kristi Shana Wendy Alesia Shana Nancy Eric Sara Debbie Julie Debbie Shana Ashley</p>	<p>Have a safe Memorial Weekend!</p> 