






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>GO LOW</p> <p>RETURNS TO TUESDAYS AT 11:00</p> <p><i>TUESDAYS: 5:30 Barre moves back to 4:30 and 6:45 BodyFlow moves back to 5:45</i></p>  <p>RETURNS TO TUESDAYS AT 11:00</p> <p>Les Mills SPRINT</p> <p>2 OPTIONS ON Saturdays... 9:00 or 10:00am</p>		<p>1</p> <p>6:00 SPRINT (3) 8:00 Tone & Balance (2) 9:00 SPIN (3) 9:30 BodyFlow (2) 9:30 BodyStep (1) 10:45 Feldenkrais (2) 10:45 BodyPump (1) 12:00 BodyFlow (1) 1:30 Parkinsons (3) 5:30 Barre (2) 5:45 BodyCombat (1) 6:15 SPRINT (3)</p> <p>Shannon Karen K Wendy Cassie Chloe No Class Ashley Sheila Stephanie Linda Ashley Sara</p>	<p>2</p> <p>6:00 BodyPump (1) 8:30 Barre (2) 8:30 KickBoxing (1) 9:00 Aqua (P) 9:45 BodyPump (1) 9:45 BodyFlow (2) 11:00 Yoga (1) 12:00 SPIN (3) 12:00 M&M (1) 1:15 Go Low (1) 2:15 Feldenkrais (2)</p> <p>Shannon Cassie Shana Sara Suzanna Sheila Hannah Ashley Courtney Karen K No Class</p>  <p>Club Closes At 6:00pm</p>	<p>3</p> <p>8:00 BodyStep (1) 9:00 BodyFlow (2) 9:00 SPRINT (3) 9:15 BodyPump (1) 9:30 Aqua (P) 10:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyAttack (1) 11:30 Yoga (1) 11:30 PureMuscle (2)</p> <p>Stacie Kristi Sara Stacie Stephanie Sara Erika Eric Shana Erika</p> 	<p>4</p>	
<p>5</p> <p>6:00 BodyPump (1) 8:15 BodyStep (1) 9:00 Aqua BC (P) 9:30 PureMuscle (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 GoLow (1) 12:00 SPIN (3) 4:30 Cardio Step (1) 5:00 Barre (2) 5:30 BodyAttack 45 (1) 6:00 Aqua (P) 6:15 Yoga (2) 6:15 SPIN-RPM (3) 6:30 BodyPump (1)</p> <p>Stephanie Chloe Stephanie Lyssa Wendy Sheila Lori Chris Shana Chloe Stacie Katie Karen Ashley Courtney</p>	<p>6</p> <p>6:00 BodyAttack (1) 6:00 SPRINT (3) 8:00 Tone & Balance (2) 8:30 KickBoxing (1) 9:00 BodyFlow (2) 9:00 SPRINT (3) 9:45 BodyPump (1) 10:15 Yoga (2) 11:00 BodyAttack (1) 1:30 Parkinsons (3) 4:30 BST/BP 90 (1) 4:30 Barre (2) 5:45 BodyFlow (2) 6:30 Cardio Dance (1)</p> <p>Shannon Kim Sam Courtney Sheila Shana Courtney Lori Eric Wendy Stacie Lyssa Kristi Ildiko</p>	<p>7</p> <p>6:00 Boot Camp (1) 8:15 PureMuscle (1) 9:00 Aqua BC (P) 9:00 Pilates (2) 9:30 CardioStep (1) 10:15 Aqua (P) 10:15 Yoga (2) 10:45 BodyAttack (1) 12:00 BodyPump (1) 5:00 POUND (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:15 Yoga (2)</p> <p>Stephanie Chloe Lori Deb Shana Karen K Karen Ashley Stacie Kristi Linda Suzanna Wendy</p>	<p>8</p> <p>6:00 SPRINT (3) 8:00 Tone & Balance (2) 9:00 SPIN (3) 9:30 BodyFlow (2) 9:30 BodyStep (1) 10:45 Feldenkrais (2) 10:45 BodyPump (1) 12:00 BodyFlow (1) 1:30 Parkinsons (3) 5:30 Barre (2) 5:45 BodyCombat (1) 6:15 SPRINT (3)</p> <p>Shana Kari Stephanie Karen Chloe Debbie Ashley Cassie Kari Linda Linda Shannon</p>	<p>9</p> <p>6:00 BodyPump (1) 8:30 Barre (2) 8:30 BodyCombat (1) 9:00 Aqua (P) 9:45 BodyPump (1) 9:45 BodyFlow (2) 11:00 Yoga (1) 12:00 SPIN (3) 12:00 M&M (1) 1:15 Go Low (1) 2:15 Feldenkrais (2) 5:30 BodyPump (1)</p> <p>Shannon Chloe Victoria Kristi Alesia Cassie Lori Katie Sam Debbie Debbie Ashley</p>	<p>10</p> <p>8:00 BodyStep (1) 9:00 BodyFlow (2) 9:00 SPRINT (3) 9:15 BodyPump (1) 9:30 Aqua (P) 10:00 SPRINT (3) 10:15 Barre (2) 10:30 BodyAttack (1) 11:30 Yoga (1) 11:30 PureMuscle (2)</p> <p>Stacie Jackie Shannon Stacie Erika Shannon Jackie Ashley Sheila Kristi</p>	<p>11</p> <p>11:30 BST/BP 90 (1) 12:30 Yoga (2) 1:00 SPIN (3) 1:45 BodyFlow (2) 2:30 BodyPump (1) 3:45 Cardio Dance (1)</p> <p>Jackie Karen Katie Karen Courtney Ildiko</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 90 = Combo BodyStep and BodyPump

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

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<p>12</p> <p>6:00 BodyPump (1) Stephanie 8:15 BodyStep (1) Jackie 9:00 Aqua BC (P) Lyssa 9:30 PureMuscle (1) Eric 10:15 Aqua (P) Karen K 10:15 Yoga (2) Lori 10:45 GoLow (1) Chloe 12:00 SPIN (3) Chris 4:30 Cardio Step (1) Shana 5:00 Barre (2) Suzanna 5:30 BodyAttack 45 (1) Stacie 6:00 Aqua (P) Kristi 6:15 Yoga (2) Sheila 6:15 SPIN (3) Chris O 6:30 BodyPump (1) Katie</p>	<p>13</p> <p>6:00 BodyAttack (1) Shannon 6:00 SPRINT (3) Kim 8:00 Tone & Balance (2) Kari 8:30 KickBoxing (1) Stephanie 9:00 BodyFlow (2) Sheila 9:00 SPRINT (3) Shana 9:45 BodyPump (1) Courtney 10:15 Yoga (2) Shana 11:00 BodyAttack (1) Eric 1:30 Parkinsons (3) Kari 4:30 BST/BP 90 (1) Stacie 4:30 Barre (2) Kristi 5:45 BodyFlow (2) Sheila 6:30 Cardio Dance (1) Ildiko</p>	<p>14</p> <p>6:00 Boot Camp (1) Shannon 8:15 PureMuscle (1) Suzanna 9:00 Aqua BC (P) Katie 9:00 Pilates (2) Deb 9:30 CardioStep (1) Shana 10:15 Aqua (P) Chloe 10:15 Yoga (2) Karen 10:45 BodyAttack (1) Ashley 12:00 BodyPump (1) Ashley 5:00 POUND (2) Kristi 6:00 Aqua (P) Linda 6:00 BodyPump (1) Stacie 6:15 Yoga (2) Wendy</p>	<p>15</p> <p>6:00 SPRINT (3) Shannon 8:00 Tone & Balance (2) Karen K 9:00 SPIN (3) Wendy 9:30 BodyFlow (2) Cassie 9:30 BodyStep (1) Chloe 10:45 Feldenkrais (2) Debbie 10:45 BodyPump (1) Stephanie 12:00 BodyFlow (1) Karen 1:30 Parkinsons (3) Stephanie 5:30 Barre (2) Mary A 5:45 BodyCombat (1) Ashley 6:15 SPRINT (3) Shana</p>	<p>16</p> <p>6:00 BodyPump (1) Shannon 8:30 Barre (2) Shana 8:30 KickBoxing (1) Alesia 9:00 Aqua (P) Stephanie 9:45 BodyPump (1) Suzanna 9:45 BodyFlow (2) Kristi 11:00 Yoga (1) Wendy 12:00 SPIN-RPM (3) Ashley 12:00 M&M (1) Julie 1:15 Go Low (1) Debbie 2:15 Feldenkrais (2) Debbie 5:30 BodyPump (1) Kim</p>	<p>17</p> <p>8:00 BodyStep (1) Jackie 9:00 BodyFlow (2) Linda 9:00 SPRINT (3) Kim 9:15 BodyPump (1) Jackie 9:30 Aqua (P) Kristi 10:00 SPRINT (3) Kim 10:15 Barre (2) Erika 10:30 BodyAttack (1) Stacie 11:30 Yoga(2) Shana 11:30 PureMuscle (1) Sam</p>	<p>18</p> <p>11:30 BST/BP 90 (1) Stacie 12:30 Yoga (2) Jackie 1:00 SPIN (3) Sheila 1:45 BodyFlow (2) Jackie 2:30 BodyPump (1) Sheila 3:45 Cardio Dance (1) Ildiko</p>
<p>19</p> <p>6:00 BodyPump (1) Stephanie 8:15 BodyStep (1) Chloe 9:00 Aqua BC (P) Stephanie 9:30 PureMuscle (1) Eric 10:15 Aqua (P) Wendy 10:15 Yoga (2) Sheila 10:45 GoLow (1) Eric 12:00 SPIN (3) Sheila 4:30 Cardio Step (1) Shana 5:00 Barre (2) Suzanna 5:30 BodyAttack 45 (1) Mikaela 6:00 Aqua (P) Kristi 6:15 Yoga (2) Karen 6:15 SPIN (3) Katie 6:30 BodyPump (1) Ashley</p>	<p>20</p> <p>6:00 BodyAttack (1) Shannon 6:00 SPRINT (3) Kim 8:00 Tone & Balance (2) Sam 8:30 KickBoxing (1) Stephanie 9:00 BodyFlow (2) Cassie 9:00 SPRINT (3) Shana 9:45 BodyPump (1) Suzanna 10:15 Yoga (2) Shana 11:00 BodyAttack (1) Ashley 1:30 Parkinsons (3) Wendy 4:30 BST/BP 90 (1) Stacie 4:30 Barre (2) Mikaela 5:45 BodyFlow (2) Linda 6:30 Cardio Dance (1) Ildiko</p>	<p>21</p> <p>6:00 Boot Camp (1) Julia 8:15 PureMuscle (1) Suzanna 9:00 Aqua BC (P) Chloe 9:00 Pilates (2) Deb 9:30 CardioStep (1) Shana 10:15 Aqua (P) Lyssa 10:15 Yoga (2) Karen 10:45 BodyAttack (1) Stacie 12:00 BodyPump (1) Katie 5:00 POUND (2) Kristi 6:00 Aqua (P) Linda 6:00 BodyPump (1) Courtney 6:15 Yoga (2) Wendy</p>	<p>22</p> <p>6:00 SPRINT (3) Shannon 8:00 Tone & Balance (2) Stephanie 9:00 SPIN (3) Lori 9:30 BodyFlow (2) Karen 9:30 BodyStep (1) Stacie 10:45 Feldenkrais (2) Debbie 10:45 BodyPump (1) Sheila 12:00 BodyFlow (1) Sheila 1:30 Parkinsons (3) Kari 5:30 Barre (2) Kristi 5:45 BodyCombat (1) Shana 6:15 SPRINT (3) Victoria Mikaela</p>	<p>23</p> <p>6:00 BodyPump (1) Shannon 8:30 Barre (2) Cassie 8:30 KickBoxing (1) Courtney 9:00 Aqua (P) Wendy 9:45 BodyPump (1) Sheila 9:45 BodyFlow (2) Kristi 11:00 Yoga (1) Lori 12:00 SPIN (3) Katie 12:00 M&M (1) Sam 1:15 Go Low (1) Lori 2:15 Feldenkrais (2) Debbie 5:30 BodyPump (1) Mikaela</p>	<p>24</p> <p>8:00 BodyStep (1) Chloe 9:00 BodyFlow (2) Danielle 9:00 SPRINT (3) Mikaela 9:15 BodyPump (1) Kim 9:30 Aqua (P) Kari 10:00 SPRINT (3) Mikaela 10:15 Barre (2) Lyssa 10:30 BodyAttack (1) Stacie 11:30 Yoga(2) Wendy 11:30 PureMuscle (1) Suzanna</p>	<p>25</p> <p>11:30 BST/BP 90 (1) Stacie 12:30 Yoga (2) Jackie 1:00 SPIN-RPM (3) Ashley 1:45 BodyFlow (2) Jackie 2:30 BodyPump (1) Mikaela 3:45 Cardio Dance (1) Ildiko</p>
<p>26</p> <p>6:00 BodyPump (1) Stephanie 8:15 BodyStep (1) Jackie 9:00 Aqua BC (P) Lyssa 9:30 PureMuscle (1) Suzanna 10:15 Aqua (P) Stephanie 10:15 Yoga (2) Lori 10:45 GoLow (1) Chloe 12:00 SPIN (3) Chris 4:30 Cardio Step (1) Hannah 5:00 Barre (2) Chloe 5:30 BodyAttack 45 (1) Mikaela 6:00 Aqua (P) Kristi 6:15 Yoga (2) Hannah 6:15 SPIN (3) Chris O 6:30 BodyPump (1) Katie</p>	<p>27</p> <p>6:00 BodyAttack (1) Shannon 6:00 SPRINT (3) Kim 8:00 Tone & Balance (2) Sam 8:30 KickBoxing (1) Courtney 9:00 BodyFlow (2) Karen 9:00 SPRINT (3) Shana 9:45 BodyPump (1) Suzanna 10:15 Yoga (2) Wendy 11:00 BodyAttack (1) Eric 1:30 Parkinsons (3) Stephanie 4:30 BST/BP 90 (1) Stacie 4:30 Barre (2) Mikaela 5:45 BodyFlow (2) Kristi 6:30 Cardio Dance (1) Ildiko</p>	<p>28</p> <p>6:00 Boot Camp (1) Shannon 8:15 PureMuscle (1) Stephanie 9:00 Aqua BC (P) Katie 9:00 Pilates (2) Deb 9:30 CardioStep (1) Shana 10:15 Aqua (P) Karen K 10:15 Yoga (2) Karen 10:45 BodyAttack (1) Ashley 12:00 BodyPump (1) Mikaela 5:00 POUND (2) Kristi 6:00 Aqua (P) Kristi 6:00 BodyPump (1) Courtney 6:15 Yoga (2) Wendy</p>	<p>29</p> <p>6:00 SPRINT (3) Shannon 8:00 Tone & Balance (2) Wendy 9:00 SPIN (3) Stephanie 9:30 BodyFlow (2) Cassie 9:30 BodyStep (1) Stacie 10:45 Feldenkrais (2) Debbie 10:45 BodyPump (1) Stacie 12:00 BodyFlow (1) Karen 1:30 Parkinsons (3) Kari 5:30 Barre (2) Shana 5:45 BodyCombat (1) Ashley 6:15 SPRINT (3) Mikaela</p>	<p>30</p> <p>6:00 BodyPump (1) Shannon 8:30 Barre (2) Lyssa 8:30 KickBoxing (1) Alesia 9:00 Aqua (P) Wendy 9:45 BodyPump (1) Courtney 9:45 BodyFlow (2) Kristi 11:00 Yoga (1) Shana 12:00 SPIN (3) Katie 12:00 M&M (1) Julia 1:15 Go Low (1) Debbie 2:15 Feldenkrais (2) Debbie 5:30 BodyPump (1) Ashley</p>		