

S-43am-6:40am Early Bird Burn lassie Studio 1				5 1 5: 15		0: 1: 4
Page			5:45am-6:40am	Early Bird Burn	Tassie	Studio 1
9:15am-10:10am Cycle Mindy Cycle Studio				•		•
P:30am - 10:25am			9:10am-9:55am	High Fitness	Victoria	Studio 1
Page			9:15am-10:10am	•		•
S:15pm-6:10pm			9:30am – 10:25am	Core Combo	Gina P.	Studio 2
S:15pm-6:10pm	4		9:55am – 10:25am	Tabata Strength	Tassie	Studio 1
S:15pm-6:10pm		Aqua	10:00am-11:00am	H20 Fitness	Sara C.	Pool
S:15pm-6:10pm			10:30am-11:25am	Zumba®	Jae	Studio 1
S:15pm-6:10pm	7		11:30am-12:25pm	Tai Chi - "Chen Style"	Florin	Studio 1
Aqua 6:00pm-7:00pm Masters Swim Pool			12:30pm-1:25pm	Moving Right Along 2	Kathy	Studio 1
Column			5:15pm-6:10pm	Posture Perfect	Beth	Studio 2
T:15pm-8:20pm Yoga 2 Sondra Studio 2		Aqua	6:00pm-7:00pm	Masters Swim		Pool
S:45am-6:40am			6:15pm-7:10pm	Resistance Training	Sara	Studio 1
Sculpt Bob Studio 1			7:15pm-8:20pm	Yoga 2	Sondra	Studio 2
S:00am-8:55am Total Body Sculpt Dana Studio 1			5:45am-6:40am	High Fitness	Natalie	Studio 2
Postural Stretch Beth Studio 1			6:30am-7:25am	Sculpt	Bob	Studio 1
Postural Stretch			8:00am-8:55am	Total Body Sculpt	Dana	Studio 1
11:20 -12:05pm Moving Right Along Adrian Studio 1	 >		9:10am-10:05am	Step Plus	Dana	Studio 1
11:20 -12:05pm Moving Right Along Adrian Studio 1	A		9:15am-10:10am	Postural Stretch	Beth	Studio 2
11:20 -12:05pm Moving Right Along Adrian Studio 1	SD	Aqua	10:00am-11:00am	H20 Fitness	Sara C.	Pool
11:20 -12:05pm Moving Right Along Adrian Studio 1	Œ		10:15am-11:10am	Strength n' Stretch	Kathy	Studio 1
11:20 -12:05pm Moving Right Along Adrian Studio 1	1		10:20am-11:30am	Yoga 2	Gina M.	Studio 2
Aqua 6:30pm-7:30pm H20 Fitness 2 Sara C. Pool 5:45am-6:40am Early Bird Burn Tassie Studio 1 6:00am-6:55am Cycle Maureen Cycle Studio 8:00am-8:55am Retro Cardio Beth Studio 1 9:05am-10:15am Good Morning Yoga Lisa Studio 2 9:10am-10:05am High Fitness Victoria Studio 1 9:15am-10:10am Cycle Mindy Cycle Studio Aqua 10:00am-11:00am H2O Fitness Maureen Pool 10:15am-11:05am Posture Fusion Gina Studio 1 11:30am-12:30pm Tai Chi - Beginner Florin Studio 1 12:40pm-1:30pm Pilates Adrian Studio 1 6:00pm-6:55pm Posture Fit Danielle Studio 1	•		11:20 -12:05pm	Moving Right Along I	Adrian	Studio 1
S:45am-6:40am Early Bird Burn Tassie Studio 1			6:15pm-7:10pm	Rush Hour Release	Danielle	Studio 1
Studio 1 Studio 1 Studio 2 Studio 2 Studio 2 Studio 1 Studio 1 Studio 1 Studio 2 Studio 1 Studio 1		Aqua	6:30pm-7:30pm	H20 Fitness 2	Sara C.	Pool
Studio 1 Studio 2 Studio 3 Studio 1 Studio 1			5:45am-6:40am	Early Bird Burn	Tassie	Studio 1
9:05am-10:15am Good Morning Yoga Lisa Studio 2 9:10am-10:05am High Fitness Victoria Studio 1 9:15am-10:10am Cycle Mindy Cycle Studio Aqua 10:00am-11:00am H2O Fitness Maureen Pool 10:15am-11:05am Posture Fusion Gina Studio 1 11:30am-12:30pm Tai Chi - Beginner Florin Studio 1 12:40pm-1:30pm Pilates Adrian Studio 1 6:00pm-6:55pm Posture Fit Danielle Studio 1			6:00am-6:55am	Cycle	Maureen	Cycle Studio
12:40pm-1:30pmPilatesAdrianStudio 16:00pm-6:55pmPosture FitDanielleStudio 1	>		8:00am-8:55am	Retro Cardio	Beth	Studio 1
12:40pm-1:30pmPilatesAdrianStudio 16:00pm-6:55pmPosture FitDanielleStudio 1	A		9:05am-10:15am	Good Morning Yoga	Lisa	Studio 2
12:40pm-1:30pmPilatesAdrianStudio 16:00pm-6:55pmPosture FitDanielleStudio 1	Ω		9:10am-10:05am	High Fitness	Victoria	Studio 1
12:40pm-1:30pmPilatesAdrianStudio 16:00pm-6:55pmPosture FitDanielleStudio 1	<u> </u>		9:15am-10:10am	Cycle	Mindy	Cycle Studio
12:40pm-1:30pmPilatesAdrianStudio 16:00pm-6:55pmPosture FitDanielleStudio 1		Aqua	10:00am-11:00am	H2O Fitness	Maureen	Pool
12:40pm-1:30pmPilatesAdrianStudio 16:00pm-6:55pmPosture FitDanielleStudio 1	WEC		10:15am-11:05am	Posture Fusion	Gina	Studio 1
12:40pm-1:30pmPilatesAdrianStudio 16:00pm-6:55pmPosture FitDanielleStudio 1			11:30am-12:30pm	Tai Chi - Beginner	Florin	Studio 1
			12:40pm-1:30pm	Pilates	Adrian	Studio 1
7:15pm-8:25pm Yoga Natalie Studio 1			6:00pm-6:55pm	Posture Fit	Danielle	Studio 1
			7:15pm-8:25pm	Yoga	Natalie	Studio 1

	6:30am-7:45am 8:00am-8:55am	Simple Sculpt	Gina P.	Studio 1
	8:00am-8:55am			
		Total Body Sculpt	Dana	Studio 1
l ≽	9:10am-10:05am	Cardio Kick & Punch	Katy	Studio 1
Aqua	10:00am-11:00am	H2O Fitness	Adrian	Pool
S	10:15am-11:10am	Tone to the Bone	Sara	Studio 1
≝	10:30am-11:40am	Yoga	Natalie	Studio 2
THURSDAY	11:15am-12:00pm	Moving Right Along I	Adrian	Studio 1
l ⊨ ∟	1:30pm-2:25pm	Gentle Yoga	Maureen	Studio 1
Aqua	6:00pm-7:00pm	Masters Swim		Pool
	6:15pm-7:15pm	High Fitness	Victoria	Studio 2
	5:45am-6:40am	Early Bird Burn	Tassie	Studio 1
	6:00am-6:55am	Cycle	Renae	Cycle Studio
	7:00am-7:55am	Cardio Plus	Bob	Studio 1
	8:00am-8:55am	Retro Cardio	Beth	Studio 1
 >-	8:00am-8:55am	Cycle	Mindy	Cycle Studio
FRIDAY	9:10am-10:05am	Chisel	Tassie	Studio 1
₩ L	9:10am-10:05am	Connective Stretch	Beth	Studio 2
Aqua	10:00am-11:00am	H20 Fitness	Adrian	Pool
	10:15am-11:15am	Zumba®	Jae	Studio 2
	10:15am-11:10am	Posture Perfect	Beth	Studio 1
	11:15am-12:10pm	Tai Chi - "Chen Style"	Florin	Studio 1
	12:30pm-1:25pm	Moving Right Along 2	Kathy	Studio 1
	8:30am-9:40am	Good Morning Yoga	Tanya	Studio 2
	8:30am – 9:25am	High Fitness	Natalie	Gym
1	8:40am-9:35am	Low Barre	Beth	Studio 1
SATURDAY	9:15am-10:00am	Cycle Plus	Natalie S.	Cycle Studio
ピ 🗀	9:45am-10:55am	Yoga Basics	Beth	Studio 2
&	10:00am-10:55am	Zumba [®]	Karen	Studio 1
	11:05am-12:00pm	Total Body Conditioning	Danielle	Studio 1

Thanksgiving Schedule

Wednesday, November 27 5:30am - 5:00pm Friday, November 29 8:00am - 2:00pm

Friday Class Schedule

 Ultimate Chisel (75mins.)
 9:10am - 10:25am

 Connective Stretch
 9:10am - 10:05am

 Cycle
 9:15am - 10:10am

 H20 Fitness
 10:00am - 11:00am

 Posture Perfect
 10:15am - 11:10am

 Tai Chi "Chen Style"
 11:15am - 12:10pm