

October

MONDAY	6:00am-6:55am	Early Bird Burn	Tassie	Studio 1
	6:00am-6:55am	Cycle	Donna	Cycle Studio
	8:00am-8:50am	Fitness Fusion	Mesha	Studio 1
	9:30am-10:05am	HIIT	Tassie	Studio 1
	9:15am-10:10am	Cycle	Mindy	Cycle Studio
	9:30am-10:25am	Core Combo	Gina P.	Studio 2
Aqua	10:00am-11:00am	H2O Fitness	Sara C.	Pool
	10:15am-11:10am	Zumba®	Jae	Studio 1
	11:15am-12:10pm	Tai Chi - "Chen Style"	Florin	Studio 1
	12:30pm-1:25pm	Moving Right Along 2	Kathy	Studio 1
	5:15pm-6:10pm	Posture Perfect	Beth	Studio 2
Aqua	6:00pm-7:00pm	Masters Swim		Pool
	6:15pm-7:10pm	Resistance Training	Sara	Studio 1
	7:15pm-8:20pm	Yoga 2	Sondra	Studio 2
TUESDAY	6:30am-7:25am	Cardio Plus	Bob	Studio 1
	8:00am-8:55am	Total Body Sculpt	Dana	Studio 1
	9:10am-10:05am	Step Plus	Dana	Studio 1
	9:15am-10:10am	Postural Stretch	Beth	Studio 2
	9:30am-10:20am	Treadmill Trekking	Tassie	Cardio Deck
Aqua	10:00am-11:00am	H2O Fitness	Sara C.	Pool
	10:15am-11:10am	Strength n' Stretch*	Kathy	Studio 1
	10:20am-11:30am	Yoga 2	Gina M.	Studio 2
	11:15am-12:00pm	Moving Right Along I	Adrian	Studio 1
	6:15pm-7:10pm	Rush Hour Release	Danielle	Studio 1
Aqua	6:30pm-7:30pm	H2O Fitness 2	Sara C.	Pool
WEDNESDAY	6:00am-6:55am	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	Posture Perfect	Beth	Studio 1
	9:15am-10:10am	Cycle	Mindy	Cycle Studio
Aqua	10:00am-11:00am	H2O Fitness	Maureen	Pool
	10:15am-11:05am	High Fitness	Victoria	Studio 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

THURSDAY	6:30am-7:45am	Simple Sculpt	Gina P.	Studio 1
	8:00am-8:55am	Total Body Sculpt	Dana	Studio 1
	9:10am-10:05am	Kickboxing	Katy	Studio 1
Aqua	10:00am-11:00am	H2O Fitness	Jean	Pool
	10:15am-11:10am	Tone to the Bone	Sara	Studio 1
	10:30am-11:40am	Yoga	Natalie	Studio 2
	11:15am-12:00pm	Moving Right Along I	Adrian	Studio 1
	1:00pm-1:55pm	Gentle Yoga	Maureen	Studio 1
Aqua	6:00pm-7:00pm	Masters Swim		Pool
New Time	7:00pm-7:55pm	Yoga Flow	Danielle	Studio 2
FRIDAY	6:00am-6:55am	Early Bird Burn	Tassie	Studio 1
	6:00am-6:55am	Cycle	Renaë	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
	9:10am-10:05am	Chisel	Natalie S.	Studio 1
	9:10am-10:05am	Connective Stretch	Beth	Studio 2
Aqua	10:00am-11:00am	H2O Fitness	Adrian	Pool
	10:15am-11:15am	ReFit®	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
SATURDAY	8:30am-9:40am	Good Morning Yoga	Tanya	Studio 2
New Class	8:40am-9:35am	Low Barre	Beth	Studio 1
Begins Oct. 13th	9:15am-10:00am	Cycle Plus	Natalie S.	Cycle Studio
	9:45am-10:55am	Yoga Basics	Beth	Studio 2
	10:00am-10:50am	Zumba®	Karen	Studio 1
	10:55am-11:50am	Total Body Conditioning	Danielle	Studio 1