

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM		CLUB FITNESS CYCLE Angie	CLUB FITNESS STRENGTH Jim		CLUB FITNESS STRENGTH Angie	5:30 AM		
8:00 AM						8:00 AM	CLUB FITNESS CYCLE Angie	
9:00 AM	CLUB FITNESS CYCLE Shannon	CLUB FITNESS HIIT Dana	CLUB FITNESS YOGA Pattra	ZUMBA FITNESS Jennifer	CLUB FITNESS YOGA Jim	9:00 AM	CLUB FITNESS INTERVALS Carolyn	CLUB FITNESS CYCLE Sara
10:00 AM	CLUB FITNESS STRENGTH Emily	CLUB FITNESS SYNERGY Trainer	ZUMBA FITNESS Jennifer	CLUB FITNESS YOGA Pattra	CLUB FITNESS CYCLE Emily	10:00 AM	Turbo KICK April B	CLUB FITNESS CYCLE Hannah
11:00 AM	LES MILLS BODYFLOW Martha	LES MILLS BODYFLOW Amy			CLUB FITNESS SYNERGY Trainer	11:00 AM	CLUB FITNESS CORE Nancy	CLUB FITNESS YOGA Nancy
12:00 PM						12:00 PM	ZUMBA FITNESS Nancy	ZUMBA FITNESS Nancy
5:00 PM	PiYO Shana	CLUB FITNESS INTERVALS Carolyn	CLUB FITNESS STRENGTH Ann	CLUB FITNESS CYCLE Sara				
6:00 PM	Turbo KICK Shana	CLUB FITNESS CYCLE SYNERGY Jen / Trainer	CLUB FITNESS CYCLE Meredith	CLUB FITNESS YOGA Pattra	CLUB FITNESS SYNERGY Trainer			
7:00 PM	ZUMBA FITNESS Jen	CLUB FITNESS YOGA Pattra	Turbo KICK Jessica	ZUMBA FITNESS Deneen				
8:00 PM	CLUB FITNESS YOGA Donna			CLUB FITNESS PILATES Gary				

All classes are reviewed and revised often. We assess and make changes monthly with the help of your feedback and the resources we have available.

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FITNESS FOR EVERY BODY.