






TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
7:00 AM						7:00 AM	<b>LES MILLS BODYPUMP</b> Wendi/Connie	
8:00 AM						8:00 AM	<b>PILOXING</b> Wendi 45min	
8:30 AM			<b>CLUB FITNESS STRENGTH</b> Wendi 45 min			8:30 AM		
9:00 AM	<b>CLUB FITNESS HIIT</b> Nancy			<b>LES MILLS BODYPUMP</b> Karen	<b>CLUB FITNESS STEP</b> Rebecca	9:00 AM	<b>LES MILLS BODYPUMP</b> Sharon	 ZUMBA FITNESS Diana
9:15 AM		<b>CLUB FITNESS STEP</b> Nancy	<b>CLUB FITNESS KICKBOXING</b> Wendi			9:15 AM		
10:00 AM	<b>LES MILLS BODYPUMP</b> Wendi				<b>LES MILLS BODYPUMP</b> Sara	10:00 AM	 ZUMBA FITNESS Michelle	<b>PIYO</b> Aly
10:15 AM		<b>CLUB FITNESS PILATES</b> Nancy 45 min	<b>CLUB FITNESS CORE</b> Wendi 30min	 ZUMBA FITNESS Kim		10:15 AM		
10:45 AM			<b>CLUB FITNESS VINYASA</b> Cheryl			10:45 AM		
11:00 AM					<b>CLUB FITNESS YOGA</b> Rebecca			
4:00 PM		<b>LES MILLS BODYPUMP</b> Julie						
4:30 PM	<b>CLUB FITNESS YOGA</b> Mary							
5:30 PM	<b>CLUB FITNESS HIIT</b> Kelly			<b>LES MILLS BODYPUMP</b> Julie O				
6:00 PM		<b>CLUB FITNESS CORE</b> Lori	<b>LES MILLS BODYPUMP</b> Angela					
6:30 PM	<b>LES MILLS BODYPUMP</b> Lori			<b>POUND</b> Trace 45min				
7:15 PM		<b>POUND</b> Nichole 45min	 DFM Trainer					
7:30 PM	 ZUMBA FITNESS Michelle							



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.** 