

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 - 7:15 SUNRISE BEASTANETICS \$ Shana   Studio A&B	9:45 - 10:45 TAI CHI Roberto   Studio A & B	6:30 - 7:15 SUNRISE BEASTANETICS \$ Shana   Studio A&B	11:00 - 11:50 PILATES FUNDAMENTALS Bridgette   Studio A&B	7:00 - 8:00 TAI CHI Roberto   Studio A&B	9:00 - 10:00 TOTAL BODY BURN Toni   Studio A&B
9:00 - 9:55 FUNCTIONAL TRAINING Shana   Studio A&B	11:00 - 11:45 LOW IMPACT CARDIO &CONDITIONING Louise G.   Gymnasium	9:00 - 10:00 HATHA YOGA Susan   Community A&B	11:00 - 11:45 GROOVE: YOUNG AT HEART WITH WEIGHTS Yvonne   Gymnasium	9:00 - 10:00 HATHA YOGA Chintamani   Studio A&B <i>please arrive 15 mins early</i>	9:00 - 10:00 Saturday PILATES Julie C   Room 403
10:15 - 11:30 IYENGAR YOGA Brina   Studio A&B (All Levels)	11:00 - 12:00 POSTPARTUM PILATES W/ BABY Elizabeth   Studio A&B	10:30 - 11:20 AEROBICS W/ STRENGTH TRAINING Ivy   Gymnasium	12:00 - 12:30 LUNCH CRUNCH STRENGTH Elizabeth   Studio A&B	10:15 - 11:15 Mr.Gu Ken   Studio A&B	10:15 - 11:45 VINYASA YOGA Robin   Studio A&B
10:30 - 11:20 AEROBICS W/ STRENGTH TRAINING Ivy   Gymnasium	12:15-1:00 LUNCH CRUNCH PILATES Elizabeth   Studio A&B	11:30-12:15 SILVERSNEAKERS CIRCUIT Ivy   Gymnasium	12:30 - 12:45 LUNCH CRUNCH ABS Elizabeth   Studio A&B	11:00 - 11:45 ZUMBA GOLD Denise   Gymnasium	12:15 - 1:15 TAI CHI Roberto   Studio A&B
11:30-12:15 SILVERSNEAKERS CLASSIC Elizabeth   Gymnasium	12:30 - 1:30 SIT + BE FIT Sheila   Community B	12:00 - 12:50 LUNCH CRUNCH FUSION WORKOUT Josue   Studio A&B	1:00 - 2:00 BABY & ME BARRE Julie GK   Studio A	11:30 - 12:15 LUNCH CRUNCH BOOTCAMP Johari   Studio A&B	1:30 - 2:30 BOOTCAMP Louise G.   Studio A&B
1:00 - 1:45 LUNCH CRUNCH ZUMBA Bobby   Studio A	6:15 - 7:15 NIA JAZZ Yvonne   Studio A&B	1:00 - 1:45 BABY & ME FITNESS Jacqueline   Studio A	6:30 - 7:15 TABATA Josue   Studio A&B	1:00 - 2:00 BABY & ME YOGA Stephanie   Community A	<b>SUNDAY</b>
6:15 - 7:15 BOLLY X Adja   Studio A&B	7:30 - 8:30 BOXING** Jacob   Studio A&B	2:00 - 3:00 JUGGLING Alice   Studio A	7:30 - 8:45 IYENGAR YOGA Brina   Studio A&B	1:00 - 2:00 SIT + BE FIT Sheila   Studio AB	9:00-9:50 SUNDAY HIITs Johari   Studio A&B
7:00-8:15 VINYASA OPEN YOGA Natalia   Community AB	7:15 - 8:15 PILATES Bethany Community AB	6:15 - 7:15 ZUMBA Nicole  Studio A&B		6:15 - 7:15 NIA DANCE Yvonne   Studio A&B	10:00 - 11:30 VINYASA YOGA Lorrie   Studio A&B
7:30 - 8:30 YOGA BASICS Susan I   Studio A&B		<b>NEW INSTRUCTOR!!</b> 7:30 - 8:30 Total Body Challenge Sara   Studio A&B			11:45 - 12:45 SUNDAY PILATES Tara   Studio A&B
					1:00 - 2:00 ZUMBA Celeste   Studio A&B
					5:15 - 6:30 Barre Sheila Studio AB
Beginner	<p><b>PLEASE NOTE:</b> All equipment provided. Classes are free for members except where indicated (\$). Non-Members can attend with purchase of a Day Pass. Non-Members can attend Mommy &amp; Me classes with purchase of a 5-class Punch Card. See Service Desk for details. Classes are subject to change without notice.</p> <p><b>CHILDCARE:</b> Available daily 8:45 AM - 2:00 PM</p> <p><b>**BOXING:</b> Gloves available for purchase at Service Desk.</p>				
Intermediate					
Advanced					
Mommy & Me					