

Fitness Classes

Gymnasium		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:10 AM			PowerTone Andrea	Step Emily			
	6:10 AM		321Hiit Andrea		HiLo Power Jenny			
	7:10 AM							Turbokick Liz
	8:10 AM		Power Tone Torri	Zumba Leslie	MultiStep Liz	321 Hiit Liz		Power Tone Liz
	9:10AM		Turbokick Liz	Step Kristi		Zumba Leslie	HiLo Power Kristi	Step Kristi
	10:10 AM				Power Tone Ericka		Zumba Tiffany	Zumba Patti
	5:30 PM			321Hiit Express Liz				
	6:10 PM		Zumba Katrina	Turbokick Liz	Zumba Patti	Power Tone Farron		
	7:10 PM		Step Nikke	Zumba Tiffany		Cardio Pump Patti		
	8:10 PM							
9:10 PM					Zumba Katrina			

2nd floor Meeting Rooms		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10 AM					Yoga Jenny	Power Tone Andrea	
	8:10 AM						Yoga Joani	
	9:10 AM		Barre Cecilee		Barre & Pilates Sheri		Power Tone Wendy	
	10:10 AM	Yoga 10:00am Mandy/Sapientia 90 minutes	Yoga Mandy	Yoga Joani	Tai Chi Connie	Yoga Wendy		
	11:10 AM		SilverSneakers Classic Christi	SilverSneakers Yoga	SilverSneakers Circuit Sheri	SilverSneakers Yoga Heather	SilverSneakers Classic	Yoga Staff
	12:10 PM					Tai Chi Connie		
	7:10 PM				Pilates Patti			
8:10 PM		Pilates Patti	Yoga Megan	Yoga Sapientia	Yoga Mandy			

KIDS 5-12		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:15pm		Zumba 4 kids (ages 5+) Linda	Yoga 4 kids (ages 5+) Jenny	Skills & Drills 4 kids (ages 5+) Christi			

CYCLE		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10 AM			CYCLE Karina				
	7:10 AM				CYCLE Karina			CYCLE Janene
	8:10 AM							
	9:10 AM		CYCLE Adrienne	CYCLE Wendy		CYCLE Janene		
	10:10AM							
	6:10 PM		CYCLE Farron					
7:10 PM					CYCLE Farron			

CYCLE- You may register online up to 1 week in advance. Arrive early to check in at the Front Desk to receive a disc to confirm your reservation. Download App Audio and bring headphones to be able to fully participate in the class. Water and a towel are also recommended.

All instructors and formats are subject to change without notice. Some classes may be cancelled or added without notice. For up to date info follow us on Facebook and Instagram.