



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		*Spinning W	Strength/Boot Camp/I-WOD ANNIE O	*Spinning W			
7:30 AM							
8:00 AM						*Spinning BEKY	
8:30 AM						Zumba Angel	
8:45 AM	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics		
9:15 AM						Yoga Kate @ Y-Gym	
9:30 AM	Barbell Strong Beky		Piloxing Annie O		Spinning Beky	Piyo Annie O	
9:45 AM							
9:45 AM	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics		
10:45 AM		TaiChi George					
11:00 AM							
11:15 AM							
12:00 PM		*Spinning Beky		*Spinning Beky			
12:30 PM					SilverSneakers® Splash		
4:00 PM		Triple Threat Beky	Barbell Strong Annie O				
5:00 PM					Bollywood Zumba Gowari		
5:30 PM	Tabatta Strength Annie O	Boot Camp Annie O	Zumba Annie O	Shred Annie O			
5:30 PM			Yoga I George @ Y-Gym	Yoga Kate @ Y-Gym			
6:30 PM	Zumba Annie O			Spinning Sue			
6:30 PM				TaiChi George			
6:45 PM			Yoga II George@ Y-Gym				
7:30 PM		Aqua Aerobics		Aqua Aerobics	Schedule subject to change.		
	Please note:						
	* Preregister at Front Desk						
	** Cardiac Rehab is a fee based program. Preregistration is required. Please see Carrie for details.						