

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Yoga 9:00am – 10:00am Gym	Group Cycling 6:00am – 6:45am Performance Room		Group Cycling 6:00am – 6:45am Performance Room	
	Silver Sneakers 8:00am-8:45am & 10:15am-11:00am Gym	Chair Yoga 10:30am-11:30am Studio	Silver Sneakers 8:00am-8:45am & 10:15am-11:00am Gym	Yoga 9:00am – 10:00am Gym	Silver Sneakers 10:15am-11:00am Gym	Cardio Drills 8:30am 9:45am Gym
	HIIT 9am-10am Performance Room	Family Zumba 4:30pm – 5:30pm Gym	HIIT 9am-10am Performance Room	Chair Yoga 10:30am-11:30am Studio	HIIT 9am-10am Performance Room	Barre 9:00am-10:00am Studio
	Senior Fitness 9:00am – 10:00am Gym	HIIT 5:15pm-6:00pm Performance Room	Senior Fitness 9:00am – 10:00am Gym	Family Zumba 4:30pm- 5:30pm Gym	Senior Fitness 9:00am - 10:00am Gym	Zumba & Abs 10:00am-11:00am Gym
	Yoga with Weights 5:00pm-6:00pm Studio	Barre 5:30pm-6:30pm Studio	Yoga Fusion 5:00pm-6:00pm Studio	HIIT 5:15pm-6:00pm Performance Room		
	Power Pump 5:30pm -6:30pm Gym	Step Sculpt & Abs 5:30pm – 6:30pm Gym	BLEND 5:30pm- 6:30pm Gym	Barre 5:30pm-6:30pm Studio		
BLEND 2pm-3pm Gym	BLEND 6:30- 7:30pm Gym	POUND 6:30pm – 7:30pm Gym		POUND 5:30pm – 6:30pm Gym		
	Aquacise 10am-11am 1pm-2pm 6:45pm-7:45pm	Aquacise 10am-11am 1pm-2pm	Aquacise 10am-11am 1pm-2pm 6:45pm-7:45pm	Aquacise 10am-11am 1pm-2pm		

Rose Color=Gym

Blue=Studio Room

Yellow=Pool

Green=Performance Room