



MONDAY

9:00am Cycling – David
9:30-10:45am Yoga – Jeanne
12:30pm Chair Yoga - Debbie
5:30pm Cycling – Diana
6:30pm Kettlebell AMPD – Carrie

TUESDAY

5:45-6:30am Boot Camp – David
8:15am Turbo Kick – Micah
2:00pm Classic Class – Debbie
4:00pm Gentle Vinyasa Yoga – Debbie
5:30pm Cycling – David
5:30pm Body Pump – Dave H (May 2, 16, 30 Only)

WEDNESDAY

9:00am Cycling – David
5:30pm Body Pump – Trisha
6:00pm Cycling – Diana
6:30pm Boxing Bootcamp – Carrie

THURSDAY

5:45-6:30am Boot Camp – David
9:00am Insanity – Micah
5:00-5:45pm Cycling – Diana
6:15pm Power Yoga – Debbie
6:00Fit Camp – Joni
7:00-8:00pm Zumba - Jordan

FRIDAY

9:00am Cycling – David
9:30-10:45 Yoga – Jeanne
11:00am Silver Sneakers Cardio Fit - Debbie
6:30pm Hip Hop Dance Party – Alisha

SATURDAY

8:00am Boot Camp – David
9:00am Cycling – Diana
9:30am Zumba – Alejandra
10:30am Body Pump – Trisha

SUNDAY

10:00am Zumba – Jordan
11:00am Cycling – Lisa
2:45pm Hip Hop Dance Party- Alisha

