



MONDAY

5:30 am BodyPump w/Jen V
 9:30 am Dance Fitness w/Jessika
 9:30 am Bodypump Xpress w/Ellie
 10:15 am CXWORX w/Ellie (30 min)
 5:30 pm Zumba w/Mollie (50 min) *new format and time on 4/10
 6:20 pm Bodypump w/Michael
 6:00 pm Power Yoga w/Leela
 7:15 pm Restorative Yoga w/Leela
 7:30 pm Body Combat w/Marie

TUESDAY

5:30 am Power Ride 45 w/Angie
 9:30am Body Combat w/Fiona
 4:30 pm Cycle Video Exp. w/Sherri (50 min)
 5:30 pm Pound w/Mollie *new time
 6:15 pm Strong by Zumba w/Chrys *new format and time
 6:45 pm Buti Yoga w/Nicole
 7:30 pm Cycle Sculpt w/Cheryl

WEDNESDAY

5:45 am Bodypump w/Sami
 9:15 am Cycle Video Exp. w/Sherri (50 min)
 10:15 am BodyPump w/Kristen
 5:30 pm Dance Fitness w/Jen F *new room and time
 6:30 pm Bodypump Xpress w/Linda (45 min)
 7:15 pm Core Extreme w/Linda

THURSDAY

5:30 am Body Combat w/Jen V
 9:30 am Cycle Sculpt w/Lindsay S
 4:30 pm Vinyasa Flow w/Melissa
 5:30 pm Bodypump w/David
 6:45 pm Zumba w/Chrys
 7:00 pm Buti Yoga w/Nicole

FRIDAY

5:45 am Bodypump w/Linda
 9:30 am Bodypump Xpress w/Sami (45min)
 10:15 am CXWORX w/Sami (30 min)
 9:30 am Dance Fitness w/Jessika
 5:30 pm Bodypump w/Yvette

SATURDAY

7:30 am Power Ride 45 w/Angie (45min) *new time
 8:30 am Zumba Fitness w/Chrys (50 min) *new time
 9:30 am Bodypump w/Fiona *new time
 9:30 am Dance Fitness w/Amy
 10:30 am Body Combat w/Jen V
 12:00 pm Power Cycle 60 Lynda P or Cheryl P (60 min)

SUNDAY

9:00 am Power Yoga w/Michelle *new time
 9:15 am Video Cycle 45 w/Sherri (45 min) *new time
 10:30 am Bodypump w/Trisha
 11:45 am CXWORX w/Trisha *added class
 4:00 pm Pound w/Debbie

Class Registration Reminders

- * Please use the Mindbody app to sign up for classes
- * Please ONLY register for classes you know you will be able to attend
- * Please cancel your registration if you are unable to attend class
- * Plan to arrive at least 10 minutes before your class to guarantee your spot

Shaded classes are located in our upstairs fitness room

MANY of our classes have a wait list each week. Thank you for your patience.

**schedule valid through 4/30*

