

Start Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM		Spin Kerry					
8:00 AM							XLR8
8:30 AM	Seniorcise Diane		Barre & More Donna Spin Jenn	CardioMix Donna	Seniorcise Diane	Spin Amy	
9:00 AM		Aqua - Diane XLR8		Aqua Jean			BodyPump Jen
9:30 AM	CardioKick Donna Spin Jenn	StrengthWorks Donna	Sweat Jen	StrengthWorks Donna	Zumba Andrea Spin Jen	Pilates Donna	
10:30 AM	BodyPump Jen				BodyPump Jen	Zumba Christine	Yoga Carol
5:30 PM	Zumba Lauren	XLR8			XLR8		
6:00 PM	XLR8		StrengthWorks Donna				
6:30 PM	BodyPump Ashley	Yoga Carol		Yoga Laura			

Classes Require 3 Participants

Classes 45 - 60mins unless specified

Class format & instructors are subject to last minute changes

XLR8 requires 'Small Group Training' registration

Child Care Hours	
Mon, Tues, Fri	9:00am - 12pm
Wed, Thur, Sat	8:30am - 11:30am