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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Life Energy Yoga 8:30-9:30 Stephanie Wellness Studio	 9:00-10:00 Jen C. Main Hall	Life Energy Yoga 8:30-9:30 Stephanie Wellness Studio			Martial Arts All ages/ranks 8:00-9:45 Paul Activity Room
 9:00-10:00 Brandy	 10:15-11:15 Brandy	 9:00-10:00 Brandy Activity Room	 9:00-10:00 Caroline Main Hall	 9:00-9:45 Sue Main Hall	 8:30-9:30 Kristina Main Hall
 9:00-10:00 Caroline Main Hall		Silver Sneakers 10:30-11:15 Caroline Gym	 10:15-11:15 Kris Wellness Studio	 9:45-10:15 Sue Main Hall	 9:45-10:30 James Indoor Cycling
Silver Sneakers 10:30-11:15 Caroline Gym		 12:10-12:40 Lynne Main Hall		Silver Sneakers 10:30-11:15 Caroline Gym	Yoga Kelsey 10:00-11:00 Activity Room
 12:10-12:40 Lynne Main Hall	 AT THE YMCA 3:30-4:45 Vickie Wellness Studio		 AT THE YMCA 3:30-4:45 Vickie Wellness Studio	 12:00-12:45 Indoor Cycling Dan	Martial Arts All ages/ranks 10:00-11:00 Paul Main Hall
 5:30-6:30 Jen C. Wellness Studio	 Sue 5:00-5:30 Main Hall		 4:30-5:00 5:00-5:30 Amanda		
 5:30-6:30 Mark Main Hall	 5:30-6:15 Sue Main Hall	 5:45-6:30 Indoor Cycling Chris Lake	 5:30-6:15 Sue Main Hall		
 6:30-7:30 Brandy Activity Room	 5:45-6:45 Starting 2/11 Brandy Activity Room	Shakti Yoga 6:30-7:45 Caitlin Activity Room	 6:30-7:30 Kristina Main Hall		Martial Arts Classes are an additional charge. Please see front desk for details
 6:45-7:15 Indoor Cycling Express Mark B	 6:30-7:30 Andy Main Hall		Gentle Yoga 6:30-7:30 Brandy Activity Room		
Martial Arts 7:00-8:00 All Ages/Ranks Main Hall		Martial Arts 7:00-8:00 Advanced Class Main Hall		Martial Arts 7:00-8:00 All Ages/Ranks Main Hall	