

**MONDAY**

	Studio 1	Studio 2	Studio 3	Spin
6:00 AM		Body Blast Claudia 50 min		
9:00 AM			Pilates Jane 30 min	
9:30 AM	Step It Up Jane 60 min	BodyPump Melinda 60 min		
10:00 AM				SPIN Allison 50 min
12:15 PM	<b>NEW starts 07/18</b> 			SPIN Kim 45 min
5:00 PM	Core Max Donna 30 min			
5:30 PM				SPIN Donna 50 min
6:00 PM			Body Blast Brian 60 min	
6:30 PM		Zumba Karen 60min		
7:00 PM				
7:30 PM			Yoga Sharon 60 min	

**TUESDAY**

	Studio 1	Studio 2	Studio 3	Spin
5:45 AM				SPIN Lisa 50 min
8:30 AM				
9:00 AM		Body Pump Jane/Kim 60 min		
9:30 AM				
10:00 AM	Zumba June 60 min			SPIN Jane/Kim 50 min
5:00 PM		Body Blast Donna 60 min		
6:00 PM		Core Max Donna 20 min		SPIN Claudia 50 min
6:30 PM			Yoga Francine 60 min	
7:30 PM				SPIN Heidi 50 min

**WEDNESDAY**

	Studio 1	Studio 2	Studio 3	Spin
6:00 AM		Body Pump Alaina 45 min		
8:45 AM			Pilates Jane 60 min	
9:30 AM		Cardio Blast Heidi 60 min		
12:15 PM				SPIN Ann 50 min
5:00 PM		Body Blast Debbie 60 min		
5:30 PM				SPIN Sharon 50 min
6:30 PM		Zumba TBA 60 min	Pilates Nicole 60 min	
7:00 PM				

**THURSDAY**

	Studio 1	Studio 2	Studio 3	Spin
5:45 AM				SPIN Donna 50 min
8:30 AM				
9:00 AM	Zumba Karen 30 min			
9:30 AM	Core Max Karen 30 min	Body Blast Debbie 60 min		
10:00 AM				SPIN Lisa 50 min
12:15 PM		Body Blast Karen 45 min		
5:00 PM		Cardio Blast Sharon 60 min		
6:00 PM	Body Pump Alaina 45 min			SPIN Gina 50 min
7:00 PM			Yoga Paula 60 min	
7:30 PM				SPIN Heidi 50 min

**FRIDAY**

	Studio 1	Studio 2	Studio 3	Spin
8:45 AM				SPIN Kim 50 min
9:00 AM		Body Pump Jane 60 min		
10:00 AM	Zumba Tone Karen 60 min			
5:15 PM				SPIN Claudia / Deb / Allison 50 min

**SATURDAY**

	Studio 1	Studio 2	Studio 3	Spin
7:00 AM				SPIN Heidi 50 min
8:00 AM		Power Step Fran 60 min	Pilates Heidi 60 min	
9:00 AM		Pump Express Fran 30 min		
9:30 AM				SPIN Donna/Jane 50 min
10:00 AM			Yoga Francine 60 min	

**SUNDAY**

	Studio 1	Studio 2	Studio 3	Spin
8:00 AM		Classic Cardio/ Pump Jane 60 min		
8:30 AM				SPIN Heidi 50 min
9:00 AM			Yoga Paula 60 min	
9:30 AM	Zumba June 60 min			
10:00 AM		Step it Up Sharon 60 min		

SPIN Tickets available at the reception desk 15 minutes prior to the start of class