



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:45 AM		<b>Cycle Zone</b> Joseph*	<b>Boot Camp Conditioning</b> Joseph	<b>Cycle Zone</b> Joseph*	<b>Boot Camp Conditioning</b> Joseph	<b>Cycle Zone</b> Kelley	
08:15 AM	<b>Cycle Zone</b> Chrystal*	<b>Yoga</b> Juanita		<b>Mat Pilates</b> Natalie*		<b>Yoga</b> Abigail	
08:30 AM	<b>Body Works Plus Abs</b> Janese	<b>Step Plus Abs</b> Donna	<b>Body Works Plus Abs</b> Nancy	<b>Kickbox Cardio</b> Janese	<b>Body Works Plus Abs</b> Donna	<b>Zumba® Class</b> Donna	<b>Kickbox Cardio</b> Janese*
09:00 AM		<b>Aqua Fit</b> Virginia		<b>Aqua Fit</b> Carrie Bastone		<b>Aqua Fit</b> Virginia	<b>Aqua Fit</b> Jessica*
09:15 AM		<b>Cycle</b> Mitchell	<b>Cycle</b> Stacey*	<b>Cycle</b> Mitchell	<b>Cycle</b> Michele*	<b>Cycle</b> Mitchell	<b>Cycle</b> Lori
09:30 AM	<b>Yoga</b> Kimberly		<b>Yoga</b> Natalie	<b>Yoga</b> Natalie	<b>Mat Pilates</b> Juanita		<b>Mat Pilates</b> Janese*
09:45 AM	<b>Step Plus Abs</b> Michele	<b>Body Works Plus Abs</b> Lori	<b>Boot Camp Conditioning</b> Nancy	<b>Body Works Plus Abs</b> Cynthia	<b>Zumba® Class</b> Cynthia	<b>Boot Camp Conditioning</b> Carrie Bastone	<b>Body Works Plus Abs</b> Stephanie
11:00 AM							<b>Zumba® Class</b> Edith
04:30 PM		<b>Zumba® Class</b> Cynthia		<b>Body Works Plus Abs</b> Cynthia*	<b>Zumba® Class</b> Cynthia*		
05:30 PM		<b>Cycle</b> Joseph	<b>Cycle</b> Michelle	<b>Cycle</b> Joseph	<b>Cycle</b> Michelle		
05:45 PM		<b>Body Works Plus Abs</b> Michele	<b>Step Plus Abs</b> Michele	<b>Boot Camp Conditioning</b> Cynthia	<b>Body Works Plus Abs</b> Cynthia		
06:00 PM		<b>Aqua Fit</b> Marsha			<b>Aqua Fit</b> Janese*		
06:30 PM		<b>Yoga</b> Angela	<b>Yoga</b> Abigail	<b>Mat Pilates</b> Juanita	<b>Yoga</b> Chrystal		
07:00 PM		<b>Boot Camp Conditioning</b> Nancy	<b>Body Works Plus Abs</b> Kimberly	<b>Zumba® Class</b> Roman	<b>Boot Camp Conditioning</b> Nancy	<b>Zumba® Class</b> Roman	
08:00 PM		<b>Zumba® Class</b> Linda			<b>Zumba® Class</b> Linda		

\*Substitute instructor Cancellation Reason(s):

Location Hours:	
Monday - Thursday	5:00am - Midnight
Friday	5:00am - 10:00pm
Saturday - Sunday	8:00am - 8:00pm

\*Holiday hours may vary.

Kids Klub Hours:	
Monday - Friday	8:00am - Noon 4:00pm - 8:00pm
Saturday	8:00am - Noon
Sunday	Closed