






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday
5:45 AM <b>SPINNING</b> <i>Lynnee'</i>	6:00 AM <i>Adriana</i> <b>Core Blast</b>	5:45 AM <b>SPINNING</b> <i>Leslie</i>	6:00 AM <b>Kettlebells</b> <i>Adriana</i>	6:00 AM <b>SPINNING</b> <i>Peggy</i>	7:00 AM <b>SPINNING</b> <i>Lynnee'</i>	8:00 AM <b>Body Sculpt</b> <i>Lara</i>
8:45 AM <b>GROUP POWER</b> <i>Erin</i>	8:30 AM <i>Sue D</i> <b>Just Dance</b> 	8:45 AM <b>Cardio Chisel</b> <i>Erin</i>	9:30 AM <b>SPINNING</b> <i>Sue G</i>	8:45 AM <b>GROUP POWER</b> <i>Andrea</i>	8:00 AM <b>BOSU</b> <i>Erin / Andrea</i>	8:00 AM <b>SPINNING</b> <i>Sue G</i>
10:00 AM <b>Pilates</b> <i>Dawn</i>	11:00 AM <b>Pilates for Posture</b> <i>Dawn</i>	10:00 AM <b>Stretch &amp; Strength</b> <i>Adriana</i>	11:00 AM <b>Pilates for Posture</b> <i>Dawn</i>	10:00 AM <b>Flexibility Training</b> <i>Dawn</i>	8:30 AM <b>SPINNING</b> <i>Tim</i>	9:00 AM <b>Vinyasa Yoga</b> <i>Lara</i>
11:00 / 11:45 AM <b>Silver Sneakers</b> <i>Sue D</i>	12:15 PM <b>Lunch Crunch</b> <i>Adriana</i>	11:00 / 11:45 AM <b>Silver Sneakers</b> <i>Sue D</i>	12:15 PM <b>Lunch Crunch</b> <i>Adriana</i>	11:00 AM <b>Senior Fitness</b> <i>Sue D</i>	9:00 AM <b>GROUP POWER</b> <i>Erin / Andrea</i>	
					10:00 AM <b>Pilates</b> <i>Dawn</i>	
4:30 PM <b>GROUP POWER</b> <i>Andrea</i>			4:30 PM <b>Body Sculpt</b> <i>Sue D</i>			
5:30 PM <b>SPINNING</b> <i>Leslie</i>	5:30 PM <b>Body Sculpt</b> <i>Leslie</i>	5:30 PM <b>SPINNING</b> <i>Peggy</i>	5:30 PM <b>Total Body Circuit</b> <i>Adriana</i>			
5:30 PM  <b>Step &amp; Sculpt</b> <i>Kerri M</i>	6:30 PM <b>SPINNING</b> <i>Tim</i>	5:30 PM <b>GROUP POWER</b> <i>Andrea</i>				
6:30 PM <b>Vinyasa Yoga</b> <i>Lara</i>						



## Specialty Classes:

**Cardio Core Mashup: Thurs 5/9 @ 8:30 AM**

**Senior-Beginner Spin: Tues 5/14 @ 10:30 AM**

**Low & Loaded: Thurs 5/16 & 5/23 @ 8:30 AM**

**Barre Fitness: Tues 5/21 @ 9:30 AM**

**Bosu Bands & Balls: Thurs 5/30 @ 8:30 AM**