



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45AM YOGA 101 Yoga Loft Bert	6:00AM CARDIO CORE Aerobics Room Hannah	7:45AM YOGA 101 Yoga Loft Bert	6:00AM CARDIO CORE Aerobics Room Hannah	8:00AM CORE CYCLE Aerobics Room Kathy	9:00AM CARDIO TENNIS Tennis Courts David
8:00AM CORE CYCLE Aerobics Room Kathy	8:00AM DANCE FITNESS Aerobics Room Courtney	8:00AM ZUMBA Aerobics Room Hannah	8:00AM DANCE FITNESS Aerobics Room Jordan	9:00AM CARDIO BARRE Aerobics Room Morgan/Hannah	9:00AM ZUMBA / STEP Aerobics Room Morgan/Hannah
9:00AM BARRE Aerobics Room Hannah	9:00AM BOOTCAMP Aerobics Room Jordan	9:00AM BARRE Aerobics Room Hannah	9:00AM BOOTCAMP Aerobics Room Kathy	12:00PM NOON BALL Basketball Court	10:00AM BOOTCAMP LFI Room Renaë
12:00PM NOON BALL Basketball Court	12:00PM NOON YOGA Yoga Loft April	12:00PM NOON BALL Basketball Court	5:30PM YOGA 101 Yoga Loft Bert		10:00AM QIGONG FLEXIBILITY & BALANCE Yoga Loft Ann
5:30PM YOGA FIT Yoga Loft Morgan	5:30-6:45PM STRETCH & RESTORE Yoga Loft Hannah	5:30PM YOGA FIT Yoga Loft Morgan	6:00PM CARDIO TENNIS Tennis Courts David		
6:00PM BOOTCAMP LFI Room Renaë	6:00PM CYCLE Aerobics Room Renaë	5:30PM CYCLE Aerobics Room Kathy	6:30PM ZUMBA Aerobics Room Desiree		
6:30PM ZUMBA Aerobics Room Desiree	6:00PM CARDIO TENNIS Tennis Courts David	6:30PM KETTLEBELL Aerobics Room Jordan	6:30PM LFI LFI Room Rosa		
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Reservations Recommended - Space is limited & classes fill up quickly.