


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GROUP FITNESS STUDIO	5:30a		BODYPUMP		BODYPUMP	
	8:15a	BODYPUMP		BODYPUMP		
	8:30a		CARDIO JAM		CARDIO JAM	BODYPUMP
	9:15a	ZUMBA	BODYPUMP	SH'BAM	BODYPUMP FOREVER FIT	ZUMBA
	9:30a					TURBOKICK
	10:00a			SENIOR YOGA		
	10:15a	BODYSCULPT		BODYSCULPT		BODYSCULPT
	11:00a	SILVER SNEAKERS		SILVER SNEAKERS		SILVER SNEAKERS
	4:30p	BODYPUMP	ZUMBA		ZUMBA TONING	
	5:30p	BODYSTEP	BODYPUMP	BODYSTEP	SH'BAM	
	6:30p				BODYPUMP	

SPIN STUDIO	5:30a	SPINNING		SPINNING		SPINNING
	8:30a					SPINNING
	9:15a	SPINNING		SPINNING		
	9:30a					SPINNING
	5:00p		SPINNING			
	5:30p	SPINNING		SPINNING	SPINNING	

YOGA STUDIO	8:15a					MAT/FUSION
	8:30a	YOGA		YOGA		
	9:30a	YOGA		YOGA		YOGA
	10:15a					YOGA
	4:45p			PILATES		
	5:45p		YOGA		YOGA	

WINTER SCHEDULE - Effective January 9, 2012

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We reserve the right to make changes to the group fitness schedule at any time.