

# MIND & BODY STUDIO SCHEDULE

EFFECTIVE JANUARY 4TH (SUBJECT TO CHANGE)

SUN	MON	TUES	WED	THURS	FRI	SAT
			5:30am Cardio, Core & More Lyn (60 MIN)			
		8:15am TABATA Sophia (60 MIN)		8:15am TABATA Sophia (60 MIN)		
	9:15am Group Centergy Laura (60 MIN)		9:15am Group Centergy Cindy (60 MIN)		9:15am Group Centergy Laura (60 MIN)	
	11:15am Senior Yoga Tomoko (45 MIN)		11:15am Senior Yoga Tomoko (45 MIN)		11:15am Senior Yoga Tomoko (45 MIN)	
3:00pm Group Centergy Dena (60 MIN)						
		4:30pm Group Centergy Lyn (60 MIN)				
	5:15pm Flow Yoga Karyn (60 MIN)			5:15pm Heated Yoga Karyn (60 MIN)		
	6:30pm Group Centergy Dena (60 MIN)		6:30pm Group Centergy Laura (60 MIN)			

# POOL CLASS SCHEDULE

EFFECTIVE JANUARY 4TH (SUBJECT TO CHANGE)

SUN	MON	TUES	WED	THURS	FRI	SAT
		8:30am Liquid Fitness Antonio (60 MIN)		8:30am Liquid Fitness Antonio (60 MIN)		
	9:00am Arthritis Aquatics Jeremy (45 MIN)		9:00am Arthritis Aquatics Jeremy (45 MIN)		9:00am Arthritis Aquatics Jeremy (45 MIN)	
	11:00am Arthritis Aquatics Joel (45 MIN)		11:00am Arthritis Aquatics Joel (45 MIN)		11:00am Arthritis Aquatics Joel (45 MIN)	
		5:30pm Liquid Fitness Rachel (60 MIN)		5:30pm Liquid Fitness Karen / Tammy (60 MIN)		

# GROUP FITNESS STUDIO SCHEDULE

EFFECTIVE JANUARY 4TH (SUBJECT TO CHANGE)

SUN	MON	TUES	WED	THURS	FRI	SAT
	8:15am Step Debra (60 MIN)		8:15am Step Debra (60 MIN)		8:15am ZUMBA Antonio (60 MIN)	8:15am ZUMBA Antonio (60 MIN)
		9:15am Group Power Cindy (60 MIN)		9:15am Group Power Cindy (60 MIN)		
2:00pm Group Power Karyn (60 MIN)						10:15am Group Power Sophia (60 MIN)
					4:30pm Group Power Pam (60 MIN)	
	5:30pm Group Power Pam (60 MIN)		5:30pm Group Power Karyn (60 MIN)			
		6:30pm Cardio Dance Jenny (60 MIN)		6:30pm Cardio Dance Natalia (60 MIN)		

# CYCLE STUDIO SCHEDULE

EFFECTIVE JANUARY 4TH (SUBJECT TO CHANGE)

SUN	MON	TUES	WED	THURS	FRI	SAT
	5:30am Group Ride Lyn (60 MIN)				5:30am Group Ride Lyn (60 MIN)	
				8:15am FreeStyle Debra (60 MIN)		
1:00pm Group Ride Emad (60 MIN)						9:15am Group Ride Liana (60 MIN)
		5:30pm Group Ride Dena (60 MIN)		5:30pm Group Ride Pam (60 MIN)		

# NEW ONLINE CLASS TIMES

EFFECTIVE JANUARY 4TH (SUBJECT TO CHANGE)

## Monday

Group Centergy at 9:15am with Laura  
Group Centergy at 6:30pm with Dena

## Tuesday

Pat on the Mat - YIN YOGA at 10:15am with Pat

## Wednesday

Cardio, Core & More at 5:30am with Lyn  
Group Centergy at 9:15am with Cindy  
Group Centergy at 6:30pm with Laura

## Thursday

Pat on the Mat - HATHA YOGA at 10:15am with Pat

## Friday

Group Centergy at 9:15am with Laura

## Saturday

Pat on the Mat - FLOW YOGA at 10:15am with Pat

## Sunday

Group Centergy at 3:00pm with Dena

