

# MIND & BODY STUDIO SCHEDULE

EFFECTIVE OCT 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)		
	9:30am Group Centergy Laura (60 MIN)	9:30am Yoga Lite Pat (60 MIN)	9:30am Group Centergy Cindy (60 MIN)		9:30am Group Centergy Laura (60 MIN)	
				10:15am Yin Yoga Pat (60 MIN)		10:30am Vinyasa Flow (60 MIN)
	11:15am Senior Yoga Tomoko (45 MIN)		11:15am Senior Yoga Tomoko (45 MIN)		11:15am Senior Yoga Tomoko (45 MIN)	
4:00pm Group Centergy Dena (60 MIN)						
		4:30pm Group Centergy Lyn (60 MIN)				
	5:15pm Heated Yoga Karyn (60 MIN)			5:15pm Heated Yoga Karyn (60 MIN)		
	6:30pm Group Centergy Dena (60 MIN)	6:15pm Yin Yoga Pat (60 MIN)	6:30pm Group Centergy Laura (60 MIN)			

# CYCLE STUDIO SCHEDULE

EFFECTIVE OCT 4TH (SUBJECT TO CHANGE)

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

# GROUP FITNESS STUDIO SCHEDULE

EFFECTIVE OCT 4TH (SUBJECT TO CHANGE)

SUN	MON	TUES	WED	THURS	FRI	SAT
		5:30am Group Power Lyn (60 MIN)		5:30am Group Power Lyn (60 MIN)		
	8:15am Step Debra (60 MIN)		8:15am Step Debra (60 MIN)		8:15am ZUMBA Antonio (60 MIN)	8:15am ZUMBA Instructor Varies (60 MIN)
		9:15am Group Power Cindy (60 MIN)		9:15am Group Power Cindy (60 MIN)		9:30am Group Power Sophia (60 MIN)
1:45pm ZUMBA Instructor Varies (60 MIN)						
3:00pm Group Power Karyn (60 MIN)						
		4:30pm Cardio, Core & More Pam (45 MIN)		4:30pm Cardio, Core & More Pam (45 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 Instructor Varies (60 MIN)		

# POOL CLASS SCHEDULE

EFFECTIVE OCT 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 Antonio (60 MIN)	5:30pm Liquid Fitness Karen (60 MIN)		5:30pm Liquid Fitness Tammy (60 MIN)		