





## Group Exercise Class Schedule

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---|--|--|--|--|---|---|
|                              | 5:30 am<br><b>LES MILLS BODYPUMP</b><br>45 min. Laurie   | 5:30 am<br><b>Strength Development</b><br>45 min. Laurie   | 5:30 am<br><b>LES MILLS BODYPUMP</b><br>45 min. Vikki        | 5:45 am<br><b>LES MILLS BODYBALANCE</b><br>45 min. Sarah C | 5:30 am<br><b>LES MILLS BODYPUMP</b><br>45 min. Laurie    |   |
| 8:00am<br><b>Boot Camp</b><br>45 min. Rotation  |  |  |  |  |   | 8:00 am<br><b>LES MILLS BODYPUMP</b><br>55 min. Jennifer                              |
| 9:00am<br><b>LES MILLS BODYPUMP</b><br>55 min Rotation  | 8:45 am<br><b>LES MILLS BODYPUMP</b><br>55 min. Sarynn   | 8:45 am<br><b>LES MILLS BODYCOMBAT</b><br>30 min. Amy S  | 8:45am<br><b>LES MILLS BODYPUMP</b><br>55min. Sarynn         | 8:45 am<br><b>tone</b><br>50 min. Amy S                    | 8:45 am<br><b>Strength Development</b><br>45 min. Sarynn  | 8:00am<br><b>Boot Camp</b><br>55 min. Rotation  |
| 10:00am<br><b>LES MILLS CORE</b><br>30 min. Rotation  |  | 9:15 am<br><b>Hard Core</b><br>30 min. Amy S   |  |  | 9:40 pm<br><b>LES MILLS CORE</b><br>30 min. Diana         | 9:05am<br>Body Sculpt<br>55 min. Kelly O.   |
| 10:30 am<br><br>45 min. Emma | 10:00 am<br>Pilates<br>55 min. Karen                     | 10:00 am<br><b>SHINE</b><br>Dance Fitness<br>45 min. Nina  | 10:00 am<br>Pilates<br>55 min. Karen/Nina                    | 9:45 am<br><b>Cardio Dance</b><br>55 min. Mark             | 10:15 am<br>Fit For Life<br>45 min. Kat                   | 10:05 am<br><b>Flow Yoga</b><br>45 min. Amanda  |
| 11:30 am<br><b>Strength Development</b><br>45 min. Rotation   | 11:00 am<br>Fit For Life<br>55 min. Karen                | 11:00 am<br>Yoga Flow<br>55 min. Brenda  | 11:00 am<br>Fit For Life<br>55 min. Karen / Nina             | 11:00 am<br>Gentle Yoga<br>55 min. Brenda                  | 11:10 am<br><b>Cardio Dance</b><br>50 min. Mark           | 11:00 am<br><b>WERQ</b><br>55 min. Rotation   |
|   |  |  |  |  | 12:00 pm<br><b>LES MILLS BODYPUMP</b><br>55 min. Rotation |   |
|   | 4:00 pm<br><b>LES MILLS BODYPUMP</b><br>55 min. Jenn G   |  | 4:00 pm<br><b>LES MILLS BODYPUMP</b><br>45 min. Valerie      |  |   |   |
|   | 5:00 pm<br><b>LES MILLS CORE</b><br>30 min. Laurie       | 4:30 pm<br>Body Sculpt<br>45 min. Elena  | 5:00 pm<br><b>LES MILLS CORE</b><br>30 min. Valerie          | 4:30pm<br>Body Sculpt<br>45 min. Kelly O.                  |   |  |
| 5:15 pm<br><b>LES MILLS BODYBALANCE</b><br>55 min. EmilyJo  | 5:30 pm<br><b>LES MILLS GRIT STRENGTH</b><br>30 min. Jen | 5:15 pm<br>Pilates<br>45 min. Kelly O.   | 5:30 pm<br><b>LES MILLS GRIT ATHLETIC</b><br>30 min. Valerie | 5:15 pm<br><b>LES MILLS BODYCOMBAT</b><br>45 min. Sarynn   |   |   |
|   | 6:00 pm<br><b>LES MILLS BODYPUMP</b><br>55min. Jen       | 6:00 pm<br><b>LES MILLS BODYCOMBAT</b><br>55 min. Sarynn   | 6:00 pm<br><b>LES MILLS BODYPUMP</b><br>55min. Jen           | 6:00 pm<br><b>WERQ</b><br>55 min. Rotation                 |   |   |
|                            | 7:00 pm<br><b>WERQ</b><br>Turn Up/<br>55 min. Rotation   | 7:00 pm<br><br>55 min. Alison | 7:00 pm<br><b>LES MILLS BODYBALANCE</b><br>55 min. EmilyJo   |  |   |   |
|   |  |  |  |  |   |   |

Online registration prior to class is recommended to reserve your space and equipment.

Please unregister for classes that you cannot attend if you are on the roster.

See membership if your online account has not been activated yet.