

ALL CLASSES ARE 45 – 55 MINUTES IN LENGTH

MONDAY			
Class	Time	Instructor	Location
Indoor Cycling	5:15am	Sarah	Studio
Muscle Conditioning	7:00am	Brian	Studio
Zumba Sentao®	8:30am	David	Studio
Indoor Cycling	9:30am	Cindy	Studio
Total Body	9:30am	Rose	Gym
Zumba®	10:30am	Charulata	Gym
Vinyasa Yoga	10:30am	Marie	Studio
Silver Sneakers® Classic	11:30am	Marjorie	Studio
*AOA Cardio	11:30am	Valerie	Gym
Tao Chi Kung	12:30pm	Connie	Studio
Indoor Cycling	5:30pm	Angela	Studio
Gentle Yoga	6:30pm	Sandra	Studio
Tai Chi advanced	7:30pm	Raymond	Teen Ctr
Zumba®	7:30pm	Gina	Gym
Muscle Conditioning	7:30pm	Brian	Studio
Indoor Cycling	8:30pm	Heather	Studio

TUESDAY			
Class	Time	Instructor	Location
Cardio/Strength	6:45am	Mai	Studio
Indoor Cycling	8:00am	Linda	Studio
Interval Training	9:15am	Cindy	Gym
Stability Ball	9:30am	Ginny	Studio
Zumba®	10:15am	Christine	Gym
Pilates	10:30am	Marie	Studio
Vinyasa Yoga	11:30am	Nicole	Studio
Gentle Yoga	12:30pm	Nicole	Studio
Gentle Yoga	1:30pm	Nicole	Studio
Total Body	6:30pm	Valerie	Studio
Gentle Yoga	6:30pm	Maryann	Teen Ctr
Tai Chi Beginners	7:30pm	Raymond	Teen Ctr
Zumba®	7:30pm	Matt	Studio
Vinyasa Yoga	8:30pm	Nicole	Studio

WEDNESDAY			
Class	Time	Instructor	Location
Indoor Cycling	5:15am	Holly	Studio
**H.I.I.T.	7:00am	Brian	Studio
Cardio Sculpt	8:30am	David	Studio
Indoor Cycling	9:30am	Diane	Studio
Zumba®	9:30am	Deborah	Gym
Step & Sculpt	10:30am	Cindy	Studio
*AOA Cardio	10:30am	Valerie	Gym
Silver Sneakers® Classic	11:30am	Jose	Studio
Chair Yoga/Stretch	12:30pm	Sandra	Studio
Indoor Cycling	5:30pm	Angela	Studio
Step Even/Cardio Odd	6:30pm	Iva	Studio
Yogalates	7:30pm	Marie	Studio
Tai Chi Intermediate	7:30pm	Raymond	Teen Ctr
Indoor Cycling	8:30pm	Heather	Studio

THURSDAY			
Class	Time	Instructor	Location
Cardio/Strength	6:45am	Mai	Studio
Indoor Cycling	8:00am	Linda	Studio
R.E.D Warrior®	9:00am	Adele	Studio
Zumba Strong®	9:00am	David	Gym
Zumba®	10:00am	Deborah	Gym
Gentle Yoga	10:00am	Betty	Studio
Vinyasa Yoga	11:00am	Betty	Studio
Qigong	12:00pm	Ellen	Studio
Teen /Adult Zumba®	5:30pm	Linda	Studio
Step & Sculpt	6:30pm	Valerie	Studio
Gentle Yoga	6:30pm	Sandra	Teen Ctr
Zumba®	7:30pm	Gina V.	Studio
Yoga	8:30pm	Joelle	Studio

FRIDAY			
Class	Time	Instructor	Location
Indoor Cycling	5:15am	Holly / Sarah	Studio
Muscle Conditioning	7:00am	Brian	Studio
Indoor Cycling	8:30am	Diane	Studio
*AOA Cardio	9:30am	Valerie	Studio
Total Body	9:30am	Rose	Gym
Zumba Gold®	10:30am	Christine	Gym
Vinyasa Yoga	10:30am	Nicole	Studio
Gentle Yoga	11:30am	Nicole	Studio
Silver Sneakers® Yoga	12:30PM	Sandra	Studio
Cardio Step	6:30pm	Luigi	Studio

SATURDAY			
Class	Time	Instructor	Location
Indoor Cycling	8:00am	Cindy	Studio
Zumba®	8:15am	Charulata	Gym
Interval Training	9:00am	Jennifer	Studio
Beginner Pilates	9:15am	Joelle	Teen Ctr
Yogalates	10:30am	Joelle	Studio
Yoga	11:30am	Marie	Studio

SUNDAY			
Class	Time	Instructor	Location
Step Even/Cycling Odd	8:00am	Luigi / Linda	Studio
Total Body	9:00am	Carla	Studio
Zumba®	9:00am	Deborah	Gym
Gentle Yoga	9:00am	Paul	Teen Ctr
Yoga	10:00am	Paul	Teen Ctr
Bootcamp	10:00am	David	Studio
Indoor Cycling	11:00am	Heather	Studio

CLASS DESCRIPTIONS ARE LISTED IN THE PROGRAM GUIDE

**PLEASE NOTE:**

TIME AND LOCATION CHANGES ARE HIGHLIGHTED.

HIGHLIGHTED CLASSES THIS COLOR WILL ALTERNATE ON EVEN AND ODD DATES

\* (AOA) Active Older Adult Cardio with weights

\*\* (H.I.I.T.) High Intensity Interval Training