



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
Yogalates	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

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	Consuelo	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
Advanced Step	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	Consuelo	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
Low Impact 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® with Yoga Stretch	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
Gentle/Intermediate 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

First Thursday of the month is Line Dancing instead of Zumba Strong at 9AM

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