



MONDAY			
Class	Time	Instructor	Location
Indoor Cycling	5:15am	Sarah	Studio
Cycle & Sculpt	7:00am	Mai	Studio
Yoga	8:30am	Theresa	Studio
Indoor Cycling	9:30am	Cindy	Studio
Total Body	9:30am	Rose	Gym
Zumba®	10:30am	Charulata	Gym
Stability Ball	10:30am	Ginny	Studio
Silver Sneakers® Classic	11:30am	Marjorie	Studio
*AOA Cardio	11:30am	Valerie	Gym
Chair Yoga/ Stretch	12:30pm	Sandra	Studio
Cycle & Upper Body	5:30pm	Angela	Studio
Pilates	6:30pm	Marie	Teen Ctr
Gentle Yoga	6:30pm	Sandra	Studio
Muscle Conditioning	7:30pm	Brian T.	Studio
Tai Chi advanced	7:30pm	Raymond	Teen Ctr
Zumba®	7:30pm	Gina	Gym
Indoor Cycling	8:30pm	Heather	Studio
TUESDAY			
Cardio/Strength	6:45am	Mai	Studio
Indoor Cycling	8:30am	Linda	Studio
Interval Training	9:15am	Cindy	Gym
Stability Ball	9:30am	Ginny	Studio
Zumba®	10:30am	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	Adele	Studio
Vinyasa Yoga	8:30pm	Nicole	Studio
WEDNESDAY			
Class	Time	Instructor	Location
Indoor Cycling	5:15am	Holly	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
Cycle & Lower Body	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
Strong by Zumba®	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
Total Body	6:30pm	Brittany	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
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	Consuelo	Studio
Gentle Yoga	11:30am	Sandra	Studio
Silver Sneakers Classic	12:30PM	Jose	Studio
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
Int/Adv Pilates	10:00am	Joelle	Studio
Yogalates	11:00am	Joelle	Studio
Yoga	12:00pm	Sandra	Studio
SUNDAY			
Class	Time	Instructor	Location
Step	8:00am	Luigi	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 Strong by Zumba at 9AM

NEW CLASSES HIGHLIGHTED IN YELLOW

* (AOA) Active Older Adult Cardio with weights

ALL CLASSES ARE 45-55 MINUTES IN LENGTH