

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
6am	full body stretch (6:30) david			New!!! Morning Madness Cyrus (5:15)	full body stretch (6:30) david		
7am	advanced basic bootcamp david	group cycle nancy	circuit bootcamp david	group cycle james	outdoor bootcamp (rain or shine!) david	full body stretch (7:30) david	
8am	body sculpt (8:15) nancy	ZUMBA! Teresa	body sculpt (8:15) nancy	ZUMBA! Teresa	body sculpt (8:15) nancy	beginner basic bootcamp david	yoga (8:10-9:25) kim
8am		8 am upstairs mat pilates greta		8 am upstairs mat pilates greta			
9am	continuing tai chi (9:30) dave	intermediate yoga kelly	continuing tai chi (9:30) dave	intermediate yoga kelly		power hour (9:15) mick	
10am							
11am	beginning tai chi dave	New!!! The Barre eric zimmer	beginning tai chi dave				group cycle james
12pm	yoga kim	group cycle james	yoga kim	group cycle james	New!!! The Barre (12:30) eric zimmer		
5pm		group cycle nancy					
6pm		circuit bootcamp david	New!!! Cardio Kickboxing kelly	advanced basic bootcamp david			
6:15pm	power hour mick		power hour mick				
7:15pm		yoga bill		yoga bill			

group classes complimentary with membership!

All classes, times, and instructors subject to change and/or cancellation.