

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
6am	full body stretch (6:30) david	yoga nikki			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	mat pilates beg/int greta	body sculpt (8:15) nancy	mat pilates beg/int greta	body sculpt (8:15) nancy	beginner basic bootcamp david	yoga (8:10-9:25) nikki
9am	tai chi (9:30) dave	yoga kelly	tai chi (9:30) dave	yoga kelly		power hour (9:15) mick	yoga (9:35-10:50) kelly
10am							
11am	beginning tai chi dave		beginning tai chi dave		private studio yoga \$10/session kelly		group cycle james
12pm		group cycle james		group cycle james			
5pm		group cycle nancy					
6pm		circuit bootcamp david		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.