



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 A.M.	Step 5:30 a.m. - <i>Eva</i>	Pump* <i>Eva</i>	Cardio Kickboxing <i>Rita</i>	Pump* <i>Eva</i>	Zumba Express 5:30 a.m. - <i>Eva</i>	
6:00 A.M.			Spinning* 5:30 a.m. - <i>Eva</i>			
7:00 A.M.	Yoga 7:30 a.m. <i>Diane</i>	Tighten 'n Tone <i>Lorie</i>		Tighten 'n Tone <i>Kathie</i>		
8:00 A.M.			Yoga 7:30 a.m. <i>Diane</i>			Post-Natal* Sunday/Stroller <i>Tracie</i>
9:00 A.M.	Total Body Shop <i>Varies</i>	Pilates Reformer* <i>Jacque</i>	Total Body Shop <i>Varies</i>	Pilates Mat <i>Lorie</i>	Total Body Shop <i>Kaylee</i>	Pre-Natal* 10:00 a.m. <i>Tracie</i>
10:15 A.M.	Easy Does It <i>Jacque</i>		Easy Does It <i>Jacque</i>		Easy Does It <i>Jacque</i>	Yoga <i>Staff</i>
12:00 P.M.	Pump* <i>Kaylee</i>	Spinning* <i>Cathy</i>	Pump* <i>Kaylee</i>	Spinning* <i>Lorie</i>	Pump Circuit* <i>Chris</i>	
	Beginner Pilates Lifestyle Room <i>Lorie</i>		PiYo <i>Robin</i>			
4:00 P.M.	Beginner Yoga <i>Marianne</i>		Yoga <i>Marianne</i>			
4:30 P.M.						
5:30 P.M.	Lifestyle Management <i>Staff</i>	Pilates Mat <i>Lorie</i>	Lifestyle Management <i>Staff</i>	PiYo <i>Robin</i>		
	Spinning* Endurance <i>Stephanie</i>	Group Cycling <i>Doug</i>	Spinning* Strength <i>Stephanie</i>	Spinning* All Terrain <i>Stephanie</i>		
	Spartacus Workout <i>Doug</i>	Zumba <i>Eva</i>	Zumba <i>Eva</i>	Boot Camp <i>Chris</i>	Let's Dance <i>Lorie & Ryan</i>	
6:00 P.M.	Abs <i>Doug</i>			Hips, Butts, Abs <i>Chris</i>		
6:30 P.M.		Pump Xpress (6:30 - 7:15 p.m.) <i>Gretchen</i>				
Fitness For Two	Pre-Natal* (5:30 - 7 p.m.) <i>Kaylee</i>			Pre-Natal* (5:30 - 7 p.m.) <i>Tracie</i>		

*classes with star require a reservation, which can be made no more than 24 hrs in advance.