



January 11th - February 28th

SCHEDULE Class

Purple: Community Room
Red: Spin Room
Blue: Pool Room
Green: Weight Room

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	6am Spin w/ Lisa S 8 am Yoga w/ Erin 9am Zumba GOLD w/ Becky 10am Functional Fitness w/ Cathy	8am ZUMBA w/ Emily/Becky 9:30 - 10:30 Weight Room 101 w/ Kolton & Ian	6am Spin w/ Tim 8am Yoga w/ Erin 9am Take a Walk w/ Becky 10am Functional Fitness w/ Lisa	6am Spin w/ Lisa S 8am ZUMBA w/ Emily/Becky 9am Pilates w/ Elaine 9:30 - 10:30 Weight Room 101 w/ Kolton & Ian	6am Spin w/ Michelle / Paul 8am Pilates w/ Elaine 10am Functional Fitness w/ Lisa D Jan 9 th & Jan 16th	8am Spin w/ Rotating Instructors	
NOON							
PM	5:30pm Boot camp w/ Angie 6:30 Spin with Tim Ward	5:45 Mat Pilates w/ Jacey	5:30pm AquaFit with Angie 6:30pm Spin w/ Lisa Downs	5:45 Hot Sculpt Pilates w/ Jacey			