

Monday		Tuesday		Wednesday		Thursday		Friday	
7:45 am S2	Gentle Core Yoga Courtney	6:00am Dpool	AQ AEROBICS	8:00am Spool	AQ AEROBICS Millie	6:00am C	Y-CYCLE Deb	8:00am Spool	AQ AEROBICS
8:00am SPool	AQ AEROBICS - Aimee	8:00am Spool	AQ AEROBICS Christie	9:15am S1	CARDIO SCULPT Lynne	6:00am Dpool	AQ AEROBICS Cyndi	9:00am Dpool	AQ AEROBICS Gloria
9:00am Dpool	AQ AEROBICS Gloria	8:00am S1	CARDIO DANCE Brenda	9:00am S2	ON THE BALL Rachel B	6:00am Dpool	AQ AEROBICS Cyndi	9:00am S2	ON THE BALL Rachel B
9:15am S1	STEP & SCULPT Lynne	9:00am Dpool	AQ AEROBICS Janet S	9:00am Dpool	AQ AEROBICS Gloria	7:55am S2	Tai Chi Jacob	9:15am S1	TOTAL BODY SCULPT Jen
9:00am S2	INTERMEDIATE YOGA Courtney	9:00 am S2	YOLATES Pam	10:15AM S1	MUSCLE COND. Lynne Marie	8:00am S1	CARDIO DANCE Brenda	10:00am S2	YOGA Courtney ***
10:15am S1	MUSCLE COND. Pat	9:00am S1	SENIOR FITNESS Pat	11:15am Spool	ARTHRITIS Millie	8:00am Spool	AQ AEROBICS Millie	10:15AM S1	Zumba with Flava Paula B
10:30am S2	AOA YOGA Joann B	9:30am C	Y CYCLE Donna	12:00pm Spool	AQ AEROBICS Christie	9:00am Dpool	AQ AEROBICS Janet S.	11:15AM Spool	ARTHRITIS Aimee
11:15am Spool	ARTHRITIS Amanda	10:10am S1	AOA CHAIR FITNESS - Helen	4:15 pm S2	FAMILY YOGA * Alicia	9:00 am S2	PILATES Alicia	12:00pm Spool	AQ AEROBICS Aimee
12:00pm Spool	AOA AQ AEROBICS Christie	11:15AM Spool	AOA AQUACISE Amanda	4:45 pm S2	YOGA- Strength & Stretch - Alicia	9:00am S1	SENIOR FITNESS Pat	4:30pm C	Y CYCLE Deb/Donna
4:00pm S2	YOGA Keegan	4:15pm S2	YOGA Anna	5:30pm S1	Zumba Jen	9:30am C	Y CYCLE Martha		
5:00 pm S2	ON THE BALL ERIN B	5:00pm S1	STEP & SCULPT Brenda	5:45 S2	CORE STRENGTH Peggy **	10:10am S1	AOA CHAIR FITNESS - Gliffy	SEE BACK FOR WEEKEND SCHEDULE All classes are multi-level unless noted B - ideal for beginners BOLD - NEW CLASS	
5:30 pm S1	CARDIO KICK Pat	5:30pm S2	Stretch & Move Dance-Amy B	5:45pm C	Y-CYCLE - B . ** Deb	11:15AM Spool	AOA AQUACISE Amanda		
6:00pm Spool	AQ AEROBICS Christine	6:00pm S1	BOOT CAMP Jen A.	6:00pm Spool	AQ AEROBICS Christine	4:15pm S2	YOGA Anna		
6:00pm C	Y CYCLE Peggy	6:45 pm S2	YOGA Deborah	6:30PM S1	CARDIO DANCE Brenda	5:15pm S1	CARDIO CIRCUIT Pat **		
6:30PM S1	CARDIO DANCE Brenda			6:45PM S2	YOGA Danielle	6:00pm S1	BOOT CAMP Jen A.		
						6:45pm S2	YOGA Courtney		

G-Gym
S1-Studio 1

S2 - Studio 2

C - Cycle

FAMILY YOGA

3YRS & UP

*****75 min.**

** **45 min.**

* **30 min.**

AOA - ACTIVE
Older Adult

Y-Cycle classes -
Please come to class

At least 5 min. before
class to set up your bike