



Monday      Tuesday      Wed      Thursday      Friday      Saturday      Sunday

# A E R O B I C S

6:00 am	Strength	Step	Strength	Step	Strength		
8:00 am		Circuit		Circuit	Circuit	Yoga (8:15)	
8:30 am	Ab Express (30min)		Ab Express (30min)				Ab Express (30 min)
9:00 am	Pilates	Yoga	Pilates	Yoga	Pilates	Step (9:30)	Step
10:00 am	Boot Camp	Pilates	Boot Camp	Pilates	Boot Camp		Pilates
11:00 am	Movers & Shakers The Fitness Balance		Chair Yogilates		Movers & Shakers The Fitness Balance		
12:00 pm	Strength	Body & Soul	Strength	Body & Soul	Strength		
4:30 pm	Yoga						
5:00 pm							
5:30 pm	Boot Camp	Zumba	Strength	Kickboxing			
6:30 pm	Strength	Step	Pilates	Step			
7:30 pm	Pilates	Yoga		Yoga			



# C Y C L E



5:10 am	Cycle (45min)		Cycle (45min)		Cycle (45min)		
6:00 am		Cycle (45min)		Cycle (45min)			
8:15 am						Cycle	
9:00 am	Cycle (45min)	Cycle (45min)	Cycle (45min)	Cycle (45min)	Cycle (45min)	POWER 90 (9:30 am)	Cycle
12:00 pm			Cycle		Cycle		
5:30 pm	Cycle		Cycle				
6:00 pm		Cycle		Cycle			



# P O O L



8:00am	Aqua Aerobics		Aqua Aerobics				
9:00 am	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics		
5:00 pm		Aqua Aerobics		Aqua Aerobics			
6:00 pm	Aqua Aerobics		Aqua Aerobics				

\*Classes are 55 minutes unless stated different.