

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Boot Camp 6-6:55a.m.	Erica	Begin/Inter Cycling 6-6:45a.m.	Sue	Boot Camp 6-6:55a.m.	Erica	Intermediate Cycling 6-6:55a.m.	Sue	Boot Camp 6-6:55a.m.	Erica	Aqua Aerobics 7-7:45a.m.	Karen
Aqua Variety 6:45-7:30a.m.	Brenda	Aqua Aerobics 6:45 am- 7:30a.m.	Carol	Aqua Variety 6:45-7:30a.m.	Brenda	Aqua Aerobics 6:45-7:30a.m.	Carol	Cycle 6-6:55am	Laurie	Adv. Step N Sculpt 8-8:55a.m.	Laurie
Deep Water 8-8:45a.m.	Carol	Aqua Boot Camp 8-8:45a.m.	Carol	Deep Water 8-8:45a.m.	Carol	Aqua Boot Camp 8-8:45a.m.	Carol	Yoga Basic 8:15-9:10a.m. (CR 2/3)	Jenny H.	Kettlebell 8:30-9:25a.m. (CR 2/3)	Charlie
Total Body 8:15-9:10a.m.	Linda	Core Motion 8:15-9:10a.m.	Kim	Beginners' Zumba Linda 8:15-9:10a.m.		Core Motion 8:15-9:10a.m.	Kim	Bodyworks 8:15-9:10a.m.	Diane	30-Minute Abs 9-9:30a.m.	Laurie
Y-Cycle (Yoga/Cycle) 8:15-9:10 a.m.	Diane	20/20/20 8:15-9:10 a.m. (Spinning & CR 2/3) (*3 rd Tuesday of each month, this class will meet in the GYM)	Diane	Y-Cycle(Yoga/Cycle) 8:15-9:10am	Diane	Power Yoga 8:15-9:10 a.m. (CR 2/3)	Diane	Intermediate Cycling 8:30-9:15a.m.	Judee	Zumba 9:35-10:30am	Beth
Power Variety 9-9:45a.m.	Crystal	Aqua Zumba 9-9:45a.m.	Monica	Power Variety 9-9:45a.m.	Crystal	Aqua Zumba 9-9:45a.m.	Monica	Deep Water 9-9:45am	Crystal	Begin/Inter. Cycling 9:45 – 10:30 a.m.	Charlie
Stretch for Health/Pilates 9:15-10:10a.m.	Debi V.	Kettlebell 9:15-10:10am	Jeff	Tai Chi 9:15-10:10a.m.	Charlie	9:15 Bodyworks 9:15-9:55 am	Linda	Kettlebell 9:30-10:25a.m.	Charlie	Beginners' Yoga 10:35-11:30 a.m.	Tracey
Intermediate Cycling 9:30-10:15a.m.	Charlie	H2O Relax 10-10:45	Brenda	Power Aqua 10-10:45a.m.	Jodi	Intermediate Cycling 9:15-10 a.m.	Tammy	Aqua Aerobics 10-10:45 am	Crystal		
Power Aqua 10-10:45a.m.	Jodi	Weight Loss Challenge 10:30-11:30 am	Tammy/Ann	Silver Sneakers 10:15-11a.m.	Martha	Silver Sneakers- Yoga Stretch 10-10:45a.m.	Ann	Stretch for Health/Pilates 10:30-11:25a.m.	Debi V.		
Silver Sneakers 10:15-11a.m.	Martha	Aqua Aerobic 11-11:45pm	Brenda			H2O Relax 10-10:45a.m.	Brenda			SUNDAY Zumba 2-2:55pm	Beth
Tai Chi 10:30-11:25a.m. (CR 2/3)	Charlie	AquArthritis 12-12:45 pm	Brenda			Aqua Aerobics 11-11:45a.m.	Brenda				
						AquArthritis 12-12:45p.m.	Brenda				
30-Min Abs 5:25-5:55p.m.	Laurie	Adv. Cardio Tap 4-4:55p.m.	Linda	30-Min Abs 5:25-5:55p.m.	Laurie	Beg. Cycle 5-5:45pm	Shelly	Cycle 6-6:55pm	Jen		
Adv. Step-N-Sculpt 6-6:55p.m.	Laurie	ABC Fitness 5-5:55p.m.	Jane	Boot Camp 6-6:55p.m.	Laurie	Beginners' Zumba 5-5:55p.m.	Monica				
Intermediate Cycling 6-6:55p.m.	Melinda	Beg. Cycle 5-5:45pm	Shelly	Intermediate Cycling 6-6:55p.m.	Melinda	Zumba 6-6:55p.m.	Monica				
Aqua Aerobics 7:15-8p.m.	Donna	Zumba 6-6:55p.m.	Monica	Beginners' Step 7-7:55p.m.	Laurie	Fitness Yoga 6-7:15p.m. (CR 2/3)	Tracey				
Total Body Sculpting 7-7:55p.m.	Laurie	Fitness Yoga 6-7:15p.m. (CR 2/3)	Tracey			Kettlebell 7-7:55p.m.	Charlie				
Intermediate Cycling 7:15-8p.m.	Judee	Kettlebell 7-7:55p.m.	Charlie			Aqua Aerobics 7-7:45p.m.	Becky				
		Aqua Aerobics 7-7:45p.m.	Becky			Beginner Cycling 7:15-8p.m.	Laurie				
		Y-Cycle 7:15-8:15p.m	Laurie								