



Class Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
SPIN							
5:30 AM		Spin Kerry		Spin Kerry	Spin Kristen		
6:00 AM							
6:30 AM							
7:00 AM						Spin Kerry	
7:30 AM							
8:00 AM		♥ Interval Kerry		♥ Interval Kerry		♥ Spin Elena	Spin Kerry
8:30 AM							
9:00 AM	♥ Rate Ride Nancy		Spin MaryAnn		Spin MaryAnn		
9:30 AM							
10:00 AM							♥ Rhythm Ride Natalie
10:30 AM							
5:30 PM		♥ Spin Nancy	♥ Rate Ride Natalie B. 5:45pm-6:45pm				
6:00 PM							
YOGA							
8:00 AM		Stretch Elizabeth		Stretch Michelle			
8:30 AM							
9:00 AM	Flow Yoga Michelle 8:45am-9:45am	Pilates Kat	Yoga Fusion Elizabeth	Pilates Kat	Yoga Fusion Elizabeth		
9:30 AM							
10:00 AM	Advance Flow Elizabeth		Advance Flow Elizabeth		Power Yoga Elizabeth		
10:30 AM							
11:00 AM		Flow Yoga Christine	Yoga Nidra Elizabeth	Flow Yoga Christine	Yin Yoga Elizabeth		
11:30 AM							
12:00 PM		Restorative Christine		Restorative Christine			
12:30 PM	Yin Yoga Kathryn		Yin Yoga Michelle				
1:00 PM							
5:30 PM			Extended Hatha Nicole	Yoga Fusion Christine			
6:00 PM							
6:30 PM							
GROUP FITNESS							
5:00 AM	Bodyblast Tiffany				Bodyblast Tiffany		
5:30 AM	5:15am-6:15am	HIIT Gina	Kickbox Hybrid Gina		5:15am-6:15am		
6:00 AM							
6:30 AM							
8:00 AM	Core Power Sara	Strong & Sweaty Michelle		Strong & Sweaty Michelle			
8:30 AM			Build, Balance & Burn Kelley			DanceFIT Christi	
9:00 AM	HIIT Kelley	Fit At The Barre Michelle		Fit At The Barre Michelle	Bodyblast Interval Kelley		Body Sculpt/TRX Alternate Kerry/Lisa
9:30 AM						Chisel MaryAnn 9:45-11:00	
10:00 AM	Chisel MaryAnn	DanceFIT Christi		Chisel MaryAnn	Step Kelley		
10:30 AM							
1:00 PM		Parkinson's Erica		Parkinson's Tami			
1:30 PM							
4:30 PM				Zumba Melissa			
5:00 PM							
5:30 PM	Cardio Circuit Stacey	TRX Sculpt Stacey	Cardio Circuit Stacey				
6:00 PM	5:45pm-6:45pm	5:45pm-6:45pm	5:45pm-6:45pm				

♥ Heart Rate Based Class