

Day	Time	Duration (min.)	Class	Instructor	Location	Class Date Changes:
<b>Monday</b>						
	5:15 AM	50	Bodyflow™	Lois	Studio 3	
	8:00 AM	45	Muscle Mashup	Jeff	Studio 2	
	8:45 AM	55	Step Jam- <b>*(Complex Choreography)</b>	Dina	Studio 3	
	8:45 AM	50	Cycle	Linda	Studio 1	
	8:55 AM	55	Bodyattack™	Kristin	Studio 2	<b>New Start Time!</b>
	9:45 AM	55	Bodyflow™	Megan R	Studio 3	
	10:00AM	60	Bodypump™	Seika	Studio 2	
	11:00AM	50	Cardio Combo Gold	Gina	Studio 2	
	5:00 PM	55	Cardio 30 & Abs	Wanda	Studio 2	
	5:30 PM	50	Cycle	Linda/Kevin	Studio 1	
	6:00 PM	55	Bodyflow™	Janine	Studio 3	
	6:00 PM	55	Body Combat™	Kristen	Studio 2	
	7:00 PM	60	Bodypump™	Denise/Seika	Studio 2	
	7:00 PM	55	Zumba®	Bree	Studio 3	
<b>Tuesday</b>						
	5:15 AM	50	Cycle	Lois	Studio 1	
	7:30 AM	65	Resistance Circuit Training & Stretch	Kerry	Studio 2	
	8:30 AM	60	Cycle Journey	Tiffany	Studio 1	
	8:30 AM	60	Gentle Yoga	Sharon	Studio 3	
	8:45 AM	55	Cardio Circuit Blast	Joy	Studio 2	
	9:45 AM	60	Body Combat™	Elizabeth	Studio 2	
	9:45 AM	60	Yoga	Sharon	Studio 3	
	11:00 AM	60	Zumba®	Elizabeth	Studio 2	
<b>LUNCH TIME</b>	12:00 PM	40	Cycle	Laura F	Studio 1	
	5:15 PM	45	Bodystep™ Express	Denise	Studio 2	<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p align="center"><b>Key</b></p> <p><span style="display: inline-block; width: 15px; height: 15px; background-color: red; margin-right: 5px;"></span> New class or time change.</p> </div>
	5:15 PM	45	Cycle	Linda	Studio 1	
	6:05 PM	55	Pilates Mat	Ilona	Studio 3	
	6:10 PM	60	Bodypump™	Denise	Studio 2	
	7:15 PM	45	Bodycombat™ Express	Seika	Studio 2	
<b>Wednesday</b>						
	5:15 AM	45	Bodypump™ Express	Lois	Studio 2	
	7:30 AM	60	Tabata Interval Training	Kerry	Studio 2	
	8:45 AM	60	Yoga	Tiffany L.	Studio 3	
	8:45 AM	60	Bodystep™	Lynn	Studio 2	
	9:00 AM	45	Cycle	Dina	Studio 1	
	9:50 AM	60	Bodypump™	Seika	Studio 2	
	9:50 AM	45	Barre/Abs	Dina	Studio 3	
	11:00 AM	50	Cardio Combo Gold	Colleen	Studio 2	
	10:45 AM	55	Yoga	Tiffaney D.	Studio 3	
	4:45 PM	45	Metabolic Conditioning	Wanda	Studio 2	
	4:45 PM	55	Bodyflow™	Amy C.	Studio 3	<b>New Instructor!</b>
	5:35 PM	60	Bodycombat™	Seika	Studio 2	
	6:00 PM	55	Barre Bootcamp	April	Studio 3	
	6:30 PM	50	Cycle	Tiffany L.	Studio 1	
	6:45 PM	60	Zumba®	Chompoo	Studio 2	

Day	Time	Duration (min.)	Class	Instructor	Location	Class Date Changes:
<b>Thursday</b>						
	5:15 AM	50	Cycle	Lois	Studio 1	
	7:30 AM	60	Boot Camp	Kerry	Studio 2	
	8:45 AM	55	Basic Strength	Milana	Studio 3	
	8:30 AM	60	Cycle Journey	Jeff	Studio 1	
	8:45 AM	55	TBT	Dina	Studio 2	
	9:45 AM	60	Yoga	Sharon	Studio 3	
	9:45 AM	55	Bodyjam™	Dina	Studio 2	
	11:00 AM	55	Zumba Gold	Elizabeth	Studio 2	
<b>LUNCH TIME</b>	12:00 PM	40	Cycle	Linda	Studio 1	<b>No Class 7/4</b>
	5:00 PM	60	Bodypump™	Denise	Studio 2	<b>No Class 7/4</b>
	5:00 PM	55	Yoga	Tiffaney D	Studio 3	<b>No Class 7/4</b>
	6:00PM	55	Zumba®	Cristina	Studio 3	<b>No Class 7/4</b>
	6:10PM	45	Bodyattack™ Express	Danielle	Studio 2	<b>No Class 7/4</b>
	6:15PM	50	Cycle	Kevin	Studio 1	<b>No Class 7/4</b>
	7:00 PM	60	Bodypump™	Seika	Studio 2	<b>No Class 7/4</b>
	7:00 PM	60	Barrelates	Cindy	Studio 3	<b>No Class 7/4</b>
<b>Friday</b>						
	5:15 AM	55	Bodyflow™	Lois	Studio 3	<b>No Class 7/5</b>
	7:30 AM	50	Bodyattack™	Vicki	Studio 2	
	8:30 AM	60	Bodycombat™	Elizabeth	Studio 2	
	8:45 AM	45	Bands and Buns	Dina	Studio 3	
	8:45 AM	50	Cycle	Rhonda	Studio 1	
	9:35 AM	60	Extreme Boot Camp	Dina	Gym	
	9:45 AM	55	Bodyflow™	Megan R	Studio 3	
<b>LUNCH TIME</b>	12:00 PM	40	Cycle	Linda	Studio 1	
	6:00 PM	60	TGIZumba®	Chompoo	Studio 2	
<b>Saturday</b>						
	7:30 AM	50	Cycle	Kevin	Studio 1	
	7:45 AM	55	Yoga	Mary/Tiffaney	Studio 3	
	8:00 AM	55	Strength	Wanda	Studio 2	
	8:00 AM	55	Boot Camp	Kerry	Gym	
	9:00 AM	55	Zumba®	April/Cristina	Studio 3	
	9:00 AM	60	Bodyattack™	Danielle/ Ashley	Studio 2	
	9:00 AM	50	Cycle	Andy	Studio 1	
	10:10 AM	55	Bodyflow™	Amy	Studio 3	
	10:10 AM	60	Bodypump™	Megan R	Studio 2	
<b>Sunday</b>						
	8:30 AM	55	Bodystep™ Express	Rotation	Studio 2	
	8:30 AM	60	Yoga Basics	Sharon	Studio 3	
	8:30 AM	45	Cycle	Tiffany	Studio 1	
	9:30 AM	55	Bodypump™ Express	Rotation	Studio 2	
	9:45 AM	60	Yoga	Sharon	Studio 3	
	10:30 AM	60	Bodycombat™	Seika	Studio 2	

**FitNation Hours:**

Monday-Friday: 5:00a-11:00p  
Saturday: 7:00a-7:00p  
Sunday: 8:00a-7:00p

**KidNation Childcare Hours:**

For children 3 months-12 years  
Monday-Friday: 8:00a-8:00p  
Saturday-Sunday: 8:00a-2:00p

**Please Note:**

Drop-in schedule and instructors are subject to change without notice. All group exercise classes require a wristband upon entering the class. Please hand wristband to the instructor at the beginning of class.