


Day	Time	Duration (min.)	Class	Instructor	Location	Class Date Changes:
Monday						
	5:15 AM	50	Bodyflow™	Lois	Studio 3	
	8:00 AM	45	Tabata Interval Training	Kerry	Studio 2	New Day and Time!
	8:45 AM	55	Step Jam- *(Complex Choreography)	Dina	Studio 3	
	8:45 AM	50	Cycle	Linda	Studio 1	
	8:55 AM	55	Bodyattack™	Kristin	Studio 2	
	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	
Tuesday						
	5:15 AM	50	Cycle	Lois	Studio 1	No class 12/24, 12/31
	7:30 AM	50	Muscle Mashup	Jeff	Studio 2	New Day and Time!
	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	
LUNCH TIME	12:00 PM	40	Cycle	Laura F	Studio 1	No class 12/24
	5:00 PM	60	Bodystep™	Denise	Studio 2	New time! -No class 12/24, 12/31
	5:15 PM	45	Cycle	Linda	Studio 1	No class 12/24, 12/31
	6:05 PM	55	Pilates Mat	Ilona	Studio 3	No class 12/24, 12/31
	6:10 PM	60	Bodypump™	Denise	Studio 2	No class 12/24, 12/31
	7:15 PM	45	Bodycombat™ Express	Seika	Studio 2	No class 12/24, 12/31
Wednesday						
	5:15 AM	45	Bodypump™ Express	Lois	Studio 2	
	7:30 AM	60	Bootcamp	Kerry	Studio 2	New Day!
	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	55	Barre/Abs	Dina	Studio 3	
	11:00 AM	50	Cardio Combo Gold	Colleen	Studio 2	
	10:50 AM	55	Yoga	Tiffany D.	Studio 3	New Time!
	4:45 PM	45	Metabolic Conditioning	Wanda	Studio 2	
	4:45 PM	55	Bodyflow™	Amy C.	Studio 3	
	5:30 PM	45	Cycle	Andy	Studio 1	New Class!
	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	

Key
 New class or time change.

**No classes 12/25/19
FACILITY CLOSED!**

Day	Time	Duration (min.)	Class	Instructor	Location	Class Date Changes:
Thursday						
	5:15 AM	50	Cycle	Lois	Studio 1	No class 11/28, 12/26
	7:30 AM	65	Resistance Circuit Training & Stretch	Kerry	Studio 2	New Day!
	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	
LUNCH TIME						
	12:00 PM	40	Cycle	Linda	Studio 1	No class 11/28 -Thanksgiving
	5:00 PM	60	Bodypump™	Denise	Studio 2	No class 11/28 -Thanksgiving
	5:00 PM	55	Yoga	Tiffaney D	Studio 3	No class 11/28 -Thanksgiving
	6:00PM	55	Zumba®	Cristina	Studio 3	No class 11/28 -Thanksgiving
	6:10PM	45	Bodyattack™ Express	Danielle	Studio 2	No class 11/28 -Thanksgiving
	6:15PM	50	Cycle	Kevin	Studio 1	No class 11/28 -Thanksgiving
	7:00 PM	60	Bodypump™	Seika	Studio 2	No class 11/28 -Thanksgiving
	7:00 PM	60	Barrelates	Cindy	Studio 3	No class 11/28 -Thanksgiving
Friday						
	5:15 AM	55	Bodyflow™	Lois	Studio 3	No class 11/29
	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	
LUNCH TIME						
	12:00 PM	40	Cycle	Linda	Studio 1	
	6:00 PM	60	TGIZumba®	Chompoo	Studio 2	
Saturday						
	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™	Rotation	Studio 2	
Sunday						
	7:30 AM	55	Power Yoga	Amy P.	Studio 3	New Class!
	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 & Sunday: 7:00a-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.