



Regular Fitness Classes
(See the Event tab for sessions such as Boot Camps)

MON	TUES	WED	THURS	FRI
8:30 AM - 9:25 AM STEP Barby **	8:30 AM - 9:15 AM STEP Shary *	8:00 AM - 8:30 AM ZUMBA® Shary *	8:30 AM - 9:15 AM STEP Shary *	9:30 AM - 10:25 AM STRENGTH TRAINING Jane *
8:45 AM - 9:40 AM HATHA YOGA Shary (CCE) *	9:30 AM - 10:25 AM YOGA Diane *	8:30 AM - 9:25 AM INTERVAL STEP Barby **	9:30 AM - 10:25 AM YOGA Diane *	12N - 12:45 PM SPINNING Shary **
9:30 AM - 10:25 AM STRENGTH TRAINING Jane *	2:00 PM - 2:45 PM SILVERSNEAKERS®1 Barby *	8:30 AM - 9:25 AM HATHA YOGA Shary (CCE) *	12N - 12:25 PM PILATES Shary *	
10:30 AM - 11:00 AM BEGINNER STEP Shary*	5:00 PM - 5:30 PM INTERVAL STEP Monica *	9:30 AM - 10:25 AM STRENGTH TRAINING Jane *	2:00 PM - 2:45 PM SILVERSNEAKERS®1 Barby *	
12N - 12:45 PM SPINNING Shary **	5:30 PM - 6:25 PM STRENGTH TRAINING Detra *	10:30 AM - 11:00 AM BEGINNER STEP Shary*	5:00 PM - 5:30 PM INTERVAL STEP Monica *	
2:00 PM - 2:45 PM SILVERSNEAKERS®2 Barby *	5:30 PM - 6:25 PM HATHA YOGA Shary *	12N - 12:45 PM SPINNING Shary **	5:30 PM - 6:25 PM STRENGTH TRAINING Monica *	
5:00 PM - 5:25 PM STRENGTH TRAINING Shary *	6:30 PM - 7:15 PM PILATES Shary *	2:00 PM - 2:45 PM SILVERSNEAKERS®2 Barby *	5:30 PM - 6:25 PM HATHA YOGA Shary *	
5:30 PM - 6:15 PM STEP Shary **		5:00 PM - 5:25 PM STRENGTH TRAINING Shary *	6:30 PM - 7:00 PM ZUMBA® Shary *	
6:30 PM - 7:15 PM KICKBOXING BASICS Katrina *		5:30 PM - 6:15 PM STEP Shary **		
		6:30 PM - 7:15 PM KICKBOXING BASICS Katrina *		