

AR= Main Aerobic Room (lower level), MPR = Multi-Purpose Room (upstairs) BFIT = lower level

## MONDAY

Time	Class	Location	Instructor
5:30-6:15am	Morning Cycle	MPR	Beth W.
5:45-6:45am	Morning Yoga	AR	Sara/Cathy
7:45-8:30am	Step	AR	Mary
8:30-9:15am	Muscle Madness	AR	Mary
9:15-10:00am	INSANITY	AR	Beth
9:15-10:00am	Cycling	MPR	Judy
1:00-2:30pm	Rock Steady Boxing	BFIT	Brad/Cole
12:15-12:45pm	Suspension	MPR	Beth
5:00-5:30pm	RowFIT	AR	Jen O.
5:30-6:00pm	Muscle Tone	AR	Liz
6:00-6:30pm	Circuits	AR	Liz
6:00-6:30pm	Cycle N Strength	MPR	Brittany
6:15-7:00pm	Boxing Conditioning	BFIT	Cole
6:30-7:30pm	Cardio Dance Fusion	AR	Lindsey

## TUESDAY

Time	Class	Location	Instructor
5:45-6:15am	Dirty Thirty	AR	Camille
7:00-7:30am	Circuits	AR	Mary
7:30-8:00am	Suspension**	MPR	Mary
8:00-8:20am	Abdominals	MPR	Mary
8:00-8:25am	RowFit	AR	Beth
8:30-9:15am	Cardio Circuits	Gym	Rachel/Beth
8:30-9:15am	Fit Beginnings	AR	Sherry/Johanna
9:15-10:00am	HIIT	AR	Heather
10:30am-12:00pm	Rock Steady Boxing	BFIT	Brad/Cole
12:15-1:00pm	Power Cycle and Pilates	MPR	Kylie
12:15-12:45pm	Noon Yoga	AR	Sherry/Cathy
4:30-5:00pm	RowFit	AR	Jen O.
5:00-5:30pm	BOSU Pump	AR	Jen O.
5:30-6:30pm	Power Cycling	MPR	Robin
5:30-6:30pm	Yoga	AR	Cathy/Kelle
6:30-7:30pm	Karate	AR	Mike/Jay/Jeff

## WEDNESDAY

Time	Class	Location	Instructor
5:30-6:15am	Morning Cycle	MPR	Beth W.
5:45-6:45am	Morning Yoga	AR	Sara/Cathy
8:30-9:15am	Barre	AR	Rachel
9:15-9:45am	TABATA	AR	Rachel
9:15-10:00am	Cycling	MPR	Judy
12:15-12:45pm	TABATA	AR	Beth
1:00-2:30pm	Rock Steady Boxing	BFIT	Brad/Cole
5:00-5:30pm	RowFIT	AR	Jen O.
5:30-6:00pm	Muscle Tone	AR	Liz
6:00-6:30pm	Circuits	AR	Liz
5:00-5:45pm	Boxing Conditioning	BFIT	Cole
5:45-6:30pm	POUND	BFIT	Jennifer
6:30-7:30pm	PiYo	AR	Brenna

## THURSDAY

Time	Class	Location	Instructor
5:45-6:15am	Dirty Thirty	AR	Camille
7:00-7:30am	Circuits	AR	Mary
7:30-8:00am	Suspension**	MPR	Mary
8:00-8:20am	Abdominals	MPR	Mary
8:30-9:15am	Muscle Tone and Trim	Meet in gym	Beth/Rachel
8:30-9:15am	Fit Beginnings	AR	Sherry/Johanna
9:15-10:00am	HIIT	AR	Heather
9:20-10:00am	PiYo	BFIT	Beth
10:30am-12:00pm	Rock Steady Boxing	BFIT	Brad/Cole
12:15-12:45pm	PiYo	AR	Beth
4:30-5:00pm	RowFit	AR	Jen O.
5:00-5:30pm	BOSU Pump	AR	Jen O.
5:30-6:30pm	Power Cycling	MPR	Robin
5:30-6:30pm	Yoga	AR	Cathy/Kelle
6:30-7:30pm	Karate	AR	Mike/Jay/Jeff

## FRIDAY

Time	Class	Location	Instructor
5:30-6:15am	Pilates	MPR	Beth W.
5:45-6:45am	Morning Yoga	AR	Sara/Cathy
8:15-9:00am	ICE	AR	Mary
8:30-9:00am	Suspension	MPR	Beth
9:00-9:45am	Barre	AR	Rachel
9:45-10:30am	Pump and Roll	AR	Heather
12:15-12:45pm	Noon Yoga	AR	Sherry/Cathy
5:45-6:30pm	POUND	AR	Jennifer

## SATURDAY

Time	Class	Location	Instructor
7:45-8:45am	Saturday Yoga	AR	Sara/Cathy
8:30-9:30am	Power Cycling	MPR	Robin
9:00-9:45am	Intervals	AR	Kim
10:00-10:45am	POUND	BFIT	Tamara
10:00-11:00am	Kids Karate	AR	Mike/Jay/Jeff

\*\*Registration Required (due to limited equipment)

Highlighted classes require a separate fee

Schedule subject to change without notification.

