

FITNESS CLASS SCHEDULE

monday

6:30 A.M. SPIN & CORE SPIN ROOM
8 A.M. MAT PILATES STUDIO
9 A.M. SPIN SPIN ROOM
9 A.M. BODY SCULPT STUDIO
10 A.M. GENTLE YOGA STUDIO
11:15 A.M. AQUATONE GARDEN POOL
5:30 P.M. 45 STRENGTH/45 YOGA STUDIO

tuesday

6:30 A.M. SPIN & CORE SPIN ROOM
8 A.M. TRX STUDIO
9 A.M. SUPER CIRCUIT STUDIO
10:30 A.M. ZUMBA STUDIO
11:30 A.M. GENTLE STRETCH & TONE STUDIO
1 P.M. SOUNDBATH MEDITATION STUDIO

wednesday

6:30 A.M. SPIN & CORE SPIN ROOM
8 A.M. TRX STUDIO
9 A.M. SPIN SPIN ROOM
9 A.M. BODY SCULPT STUDIO
10 A.M. GENTLE YOGA STUDIO
11:15 A.M. AQUATONE GARDEN POOL
5:30 P.M. 45 STRENGTH/45 YOGA STUDIO

thursday

6:30 A.M. SPIN & CORE SPIN ROOM
8 A.M. TRX STUDIO
9 A.M. SPIN SPIN ROOM
9 A.M. TABATA STUDIO
10:30 A.M. ZUMBA STUDIO
11:30 A.M. PILATES YOGA FUSION STUDIO

friday

6:30 A.M. SPIN & CORE SPIN ROOM
9 A.M. BOOTY BOOTCAMP STUDIO
10 A.M. GENTLE YOGA STUDIO
11:30 A.M. AQUAGROOVE GARDEN POOL

saturday

9 A.M. FAMILY YOGA STUDIO
10 A.M. CARDIO SCULPT & CORE STUDIO
11 A.M. DEEP STRETCH STUDIO

sunday

9 A.M. BOOTY BOOTCAMP STUDIO
10 A.M. YOGA, ALL LEVELS STUDIO
11:15 A.M. SOUNDBATH MEDITATION STUDIO

Classes are 50 mins unless noted otherwise.
Schedule is subject to change. Call the club desk at
ext. 7474 to learn more.