

# CLASS SCHEDULE

SPINNING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 – 10:30AM Dianne	9:30 – 10:30AM Gregg	6:00 – 6:45AM Jeannie	9:30 – 10:30AM Spin & Strength Jeannie	6:00 – 6:45AM Spintensity Rhea	Spinning 8:00 – 9:00AM Nicole	Spinning 8:30 – 9:30AM TBA
7:00 – 8:00PM Nicole	5:00 – 5:45PM Spintensity Alison	8:30 – 9:15AM Alison  7:00 – 8:00PM Nicole	6:30 – 7:30PM Spin & Sculpt Nicole	8:30 – 9:15AM Spintensity Alison		

GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 – 9:15AM H.I.I.T. Neda	7:15 – 8:00AM Tabata Louise	8:30 – 9:15AM Group TRX Class Louise (separate fee)	7:15 - 8:00AM Tabata Neda	8:30 – 9:15AM Pure Strength Babs	7:30 – 8:15AM Level II TRX (separate fee) Jeannie	8:30 – 9:30AM H.I.I.T. Neda
9:30 – 10:30AM Pure Strength Jeannie	9:00 – 9:30AM ABSolution Alison	9:30 – 10:30AM Hi-Def Intervals Claire	9:30 – 10:30AM Barre Lauren	9:30 – 10:30AM Hi-Def Intervals Neda	8:30 – 9:30AM Hi-Def Intervals TBA	9:30 – 10:00AM Cut to the Core TBA
10:45 – 11:45AM Yoga Flow Beth	9:30 – 10:30AM Pilates Patty	10:45 – 12:00PM Yoga & Mindful Meditation Marylou	12:00 – 1:00PM Any Stage/Any Age Louise	10:45 – 11:45AM Gentle Yoga Marylou	9:30 - 10:30am Pure Strength TBA	10:00 – 10:30AM Bottoms Up TBA
12:00 - 1:00PM Any Stage/Any Age Neda	6:30 - 7:15PM Fusion Fit Lori	5:00 – 5:45PM H.I.I.T. Neda	5:00 – 5:45PM Tabata Louise	7:00 - 7:30PM Cut to the Core Nicole	10:45 – 11:30AM Intro to TRX Lori (separate fee)	10:45 – 11:45AM Gentle Yoga Loretta
5:00 – 5:45PM Circuit Conditioning Louise	7:30 – 8:45PM Eclectic Yoga 8 Week Series (separate fee) Linda	7:00 – 7:45PM Group TRX Class Neda (separate fee)	7:30 - 8:45PM Eclectic Yoga 8 Week Series (separate fee) Linda			

All instructors are certified for your safety!  
 Where no instructor is indicated, they are rotated weekly.  
 Schedule and instructors are subject to change without notice.