

Member Class Fees: \$7/month or \$20/4 months for Unlimited Classes on this page
Guest Class Fees: \$35/month or \$130/4 months for Unlimited Classes on this page

Group Fitness Class Schedule May 1-August 31, 2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 - 9:00 am	Walk-n-Talk	Walk-n-Talk	Walk-n-Talk	Walk-n-Talk	Walk-n-Talk	
5:05 - 5:55 am		Vinyasa Yoga (Jess K-May) (Nicole W-June-Aug)		Vinyasa Yoga (Jess K-May) (Nicole W-June-Aug)		
5:40 - 6:30 am	Combo Tone (Tara W)		Combo Tone (Tara W)		Combo Tone (Tara W)	
5:30 - 6:20 am	Cycles (CSC) (Janet M)		Cycles (CSC) (Janet M)			
5:45 - 6:30 am		Deep H2O (Deb R)		Deep H2O (Deb R)		
5:45 - 6:30 am	H2O Fitness (Denise B)		H2O Fitness (Denise B)		H2O Fitness (Denise B)	
6:00 - 6:50 am		Box Fusion (Natalie S)		Box Fusion (Natalie S)		
7:00-7:45am	Tai-chi-intermediate (Kerri B)		Tai-chi intermediate (Kerri B)		Tai-chi intermediate (Kerri B)	
7:15 - 8:05 am						H2O Fitness (Denise B)
8:00 - 8:50 am	Low-Impact Combo (Clay C)		Low-Impact Combo (Clay C)		Low-Impact Combo (Clay C)	
8:00 - 8:50 am	Senior Body Toning (Kerri B)		Senior Body Toning (Kerri B)		Senior Body Toning (Kerri B)	
8:00 - 8:50 am		Yoga Stretch (Alisha K)		Yoga Stretch (Alisha K)		
8:00-9:00 am						
9:00 - 9:50 am	H2O Senior (Alex W & Sheena)	Forever Strong (Heather B)	H2O Senior (Marla & Sheena)	Forever Strong (Heather B)	H2O Senior (Alex W & Sheena)	
9:00 - 9:50 am	Fusion Fit (Shaina A)	HIIT (Chris M)	Fusion Fit (Shaina A)	HIIT (Chris M)	Fusion Fit (Heather B)	
9:05-9:50 am	Tai-chi Beginnner (Kerri B)	Cardio Dance (Rebecca M)	Tai-chi Beginnner (Kerri B)	Cardio Dance (Rebecca M)	Tai-chi Beginnner (Kerri B)	
10:10-10:50am		No Floor Yoga (Sheena F)		No Floor Yoga (Sheena F)		
10-10:35 am	Hydro HIIT (Sheena F) May/July/August only		Hydro HIIT (Deb) May/July/August only		Hydro HIIT (Sheena) May/July/August only	
10-10:50 am	Power 360 (June 11-August 15) (Sara H)		Power 360 (June 11-August 15) (Sara H)		Power 360 (June 11-August 15) (Sara H)	
11:00 - 11:45 am	No Floor Yoga (Sheena F)		No Floor Yoga (Sheena F)			
12:05-12:50 pm	Kickboxing (Clay C-May only)		Kickboxing (Clay C-May only)		Kickboxing (Clay C-May only)	
12:05-12:55 p.m.	Outdoor H2O Fitness-Deb R Starts June 11	Outdoor H2O Fitness-Marla Starts June 11	Outdoor H2O Fitness-Deb R Starts June 11	Outdoor H2O Fitness-Marla Starts June 11	Outdoor H2O Fitness-Deb R Starts June 11	
12:05 - 12:55 pm	H2O Fitness (Marla S)	Deep H2O May only*** (Marla S)	H2O Fitness (Marla S)	Deep H2O May only*** (Marla S)	H2O Fitness ** Fridays May Only (Marla S)	
3:30-4:20pm		Yoga Stretch (Alisha K)		Yoga Stretch (Alisha K)		
4:45 - 5:35 pm	Combo (Clay C)	Cardio Dance (Sara H)	Combo (Chris M)	Cardio Dance (Sara H)	Combo (Clay C)	
5:10-6:00 pm	Outdoor H2O Fitness Starts June 11 (Deb)	Outdoor H2O Fitness Starts June 11 (Denise)	Outdoor H2O Fitness Starts June 11 (Deb)	Outdoor H2O Fitness Starts June 11 (Alex)	6.11.18	
5:45 - 6:35 pm	Yoga Stretch (Beth I)		Yoga Stretch (Beth I)		Classes in RED are offered M/W/F	
5:45 - 6:35 pm	Cycling (Jill G)		Cycling (Jill G)		Classes in BLUE are offered T/Th	
5:45 - 6:35 pm		Fit-to-the-core (Chris M)		Fit-to-the-core (Chris M)	Classes in GREEN are offered M-F	
7:00-7:50 pm	Kickboxing (Clay C)		Kickboxing (Chris M)		Classes in Black are offered Saturday only	