



FITNESS SCHEDULE

MAY 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15am - 6:15am		SPIN & STRETCH Stephanie		SPIN & STRETCH Stephanie		
6:00am - 7:00am				YOGA Amy		INSANITY 6:15am-7:00am
8:00am-9:00am	PILATES Marci	ZUMBA gold Marci		ZUMBA FITNESS Matt		ZUMBA FITNESS Marci
9:00am - 10:00am	ZUMBA toning Marci	Total Body Workout Beverly	Abs & Strength Beverly	Total Body Workout Beverly	YOGA BEGINNERS LEVEL	
10:00am - 11:00am	Silver Sneakers Kim 10:15-11:15	Senior Fit Beverly	Senior Fit Beverly	Silver Sneakers Beverly	Silver Sneakers Kim 10:15-11:15	
11:00am-12:15pm		CHAIR YOGA Beverly 11:00-12:00PM	YOGA BEGINNERS LEVEL			
5:30pm-6:30pm	ZUMBA toning Marci	SPINNING Adrienne	PILATES Marci	TOTAL BODY Jennifer	ZUMBA toning Marci	
6:00pm-7:00pm	AERIAL YOGA LEVEL 1 (upstairs) Amy	YOGA ALL LEVELS 6:30-7:45pm Amy	ZUMBA FITNESS 6:45-7:45pm Marci	YOGA ALL LEVELS 6:30-7:45pm Amy	Fitness Hours: Mon.-Thur. 5am - 8:00pm Fri. 5am - 6:30pm Sat. 8:00am - 12:00pm Sun. 24/7 Access Only	

KEEP GOING

Day Care Hours:

Mon-Fri 8:00am- 10:00am
 Mon-Thurs 5:00pm - 8:00pm
 Fri 5:30pm - 6:30pm

PREMIUM CLASSES

MAY 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am - 7:00am	BOOTCAMP Tyrell		BOOTCAMP Tyrell		BOOTCAMP Tyrell	
7:00am- 8:00am			BOOTCAMP Pedro			
8:00am- 9:00am	BOOTCAMP Pedro BOOTCAMP Tyrell		BOOTCAMP Pedro BOOTCAMP Tyrell		BOOTCAMP Pedro BOOTCAMP Tyrell	
10:15am- 11:15am	TRX Marci (Upstairs)		TRX Marci (Upstairs)			
5:00pm- 6:00pm	BOOTCAMP Pedro BOOTCAMP Tyrell	BOOTCAMP Pedro	BOOTCAMP Tyrell	BOOTCAMP Pedro		
6:00pm- 7:00pm	MEMBERS AERIAL Amy					

