



# FITNESS SCHEDULE

# JULY 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am - 7:00am				<b>YOGA</b> Amy		<b>INSANITY</b> 6:15am-7:00am
8:00am-9:00am	<b>PILATES</b> Marci	<b>ZUMBA gold</b> Marci				<b>ZUMBA FITNESS</b> Marci
9:00am - 10:00am	<b>ZUMBA toning</b> Marci	<b>TOTAL BODY WORKOUT</b> Beverly	<b>ABS &amp; STRENGTH</b> Beverly	<b>TOTAL BODY WORKOUT</b> Beverly	<b>YOGA</b> BEGINNERS LEVEL	
10:00am - 11:00am	<b>SILVER SNEAKERS</b> Kim	<b>SENIOR FIT</b> Beverly	<b>SENIOR FIT</b> Beverly	<b>SILVER SNEAKERS</b> Beverly	<b>SILVER SNEAKERS</b> Kim	
11:00am-12:15pm	<b>SENIOR CIRCUIT</b> Kim 11:15-12:15PM	<b>CHAIR YOGA</b> Beverly 11:00-12:00PM	<b>YOGA</b> BEGINNERS LEVEL		<b>SENIOR YOGA</b> Kim 11:15-12:15PM	
5:30pm-6:30pm	<b>ZUMBA toning</b> Marci	<b>SPINNING</b> 5:00-6:00PM	<b>PILATES</b> Marci	<b>SPINNING</b> 5:00-6:00PM	<b>ZUMBA toning</b> Marci	
6:00pm-7:00pm	<b>AERIAL YOGA</b> LEVEL 1 (upstairs) Amy	<b>YOGA</b> ALL LEVELS 6:30-7:45pm Amy	<b>ZUMBA FITNESS</b> 6:45-7:45pm Marci	<b>YOGA</b> ALL LEVELS 6:00-7:15pm Amy		

# SUMMER'S HERE!

### Fitness Hours:

Mon.-Thur. 5am - 8:00pm  
 Fri. 5am - 6:30pm  
 Sat. 8:00am - 12:00pm  
 Sun. 24/7 Access Only

### Day Care Hours:

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

# PREMIUM CLASSES

JULY 2017

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

