



FITNESS SCHEDULE

SEPTEMBER

2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am-9:00am	PILATES Marci	ZUMBA Marci				ZUMBA Marci
9:00am - 10:00am	ZUMBA Marci	TOTAL BODY WORKOUT Beverly	ABS & STRENGTH Beverly	TOTAL BODY WORKOUT Beverly	YOGA BEGINNERS LEVEL Tonya	YOGA ALL LEVELS Kelly
10:00am - 11:00am	SILVER SNEAKERS Kim	SENIOR FIT Beverly	SENIOR FIT Beverly	SILVER SNEAKERS Beverly	SILVER SNEAKERS Kim	
11:00am-12:15pm		CHAIR YOGA Beverly 11:00-12:00PM			SENIOR YOGA Kim 11:15-12:15PM	
5:30pm-6:30pm	ZUMBA Marci	MEMBERS AEIRAL YOGA	PILATES Marci	SPINNING Esther	ZUMBA Marci	
6:00pm-7:00pm		YOGA ALL LEVELS 6:30-7:45pm Kelly	ZUMBA 6:45-7:45pm Marci	YOGA ALL LEVELS 6:30-7:45pm Kelly		

DON'T FALL OFF.
KEEP GOING

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

SEPTEMBER 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)			AERIAL YOGA 10:30am- 11:45am
5:00pm- 6:00pm	BOOTCAMP Pedro BOOTCAMP Tyrell	BOOTCAMP Pedro AERIAL YOGA 5:30pm-6:30pm	BOOTCAMP Tyrell	BOOTCAMP Pedro AERIAL YOGA 5:30pm- 6:30pm		
6:00pm- 7:00pm		MEMBERS AERIAL Kelly				

