



FITNESS SCHEDULE

JANUARY

2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am-9:00am	PILATES Marci	ZUMBA gold Marci	TOTAL ABS Beverly 8:30-9:00AM			ZUMBA FITNESS Marci
9:00am - 10:00am	ZUMBA toning Marci	TOTAL BODY WORKOUT Beverly	ABS & STRENGTH Beverly	TOTAL BODY WORKOUT Beverly	YOGA BEGINNERS LEVEL Tonya 8:30-9:30AM	HOT YOGA FLOW Kelly 9:00-10:15AM
10:00am - 11:00am	SILVER SNEAKERS Kim	SENIOR FIT Beverly	SENIOR FIT Beverly	SENIOR FIT Beverly	SILVER SNEAKERS Kim	
11:00am-12:00pm		CHAIR YOGA Beverly	BEGINNERS YOGA Tonya		CHAIR YOGA Kim	
4:00pm-5:00pm		TEACHER TIME Kim		TEACHER TIME Kim		
5:30pm-6:30pm	ZUMBA toning Marci	MEMBERS AERIAL YOGA Kelly SPINNING Chuck	PILATES Marci	SPINNING Chuck	ZUMBA toning Marci	
6:45pm-7:45pm	YOGA Monica		ZUMBA FITNESS Marci			

NEW YEAR NEW RESOLUTIONS

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 JANUARY 2018

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

