

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|--|
| 6:00 - 6:50AM Ripped Ride Allison | | 6:00 - 6:50AM Chisel Erica | | 6:00 - 6:50AM Ripped Ride Jennifer | | |
| 8:30 - 9:20AM PiYo Allison | 8:30 - 9:20AM Cycling Judy | 8:30 - 9:20AM Cardio Pump Vinyon | 8:30 - 9:20AM Cycling Dara | 8:30 - 9:20AM POUND Fit Fusion Dara | 8:00 – 8:50AM Cycling Dara | |
| | 9:30 - 10:30AM Power Pilates Kelly (TKD) | 9:30 - 10:20AM Yoga for Athletes Lynette (TKD) | | 9:30 - 10:30AM Yoga for Athletes Lynette (TKD) | 9:00 – 9:50AM Mat Pilates Jessy (TKD) | 9:00 - 9:50AM Chisel Sharon |
| 9:30 - 10:20AM Ripped Ride Lynette | 9:30 - 10:20AM Step Fusion Lynette | 9:30 - 10:20AM Kickboxing Kelly | 9:30 - 10:20AM Zumba Jamie | 9:30 - 10:20AM Boot Camp Allison | 10:00 - 10:50AM Zumba Jamie | 10:00 - 10:50AM Ripped Ride Sharon |
| 10:30 - 11:20AM Zumba Teresa | 10:30 - 11:20AM Chisel Vinyon | 10:30 - 11:20AM Zumba Gold Jamie | 10:30 - 11:20AM Chisel Kelly | 10:30 - 11:20AM Cardio Pump Sharon | | 11:00 - 11:50AM Zumba* Melissa |
| 10:30 -11:30PM Rejuvenating Yoga Lynette (TKD) | | | 10:30 -11:30PM Rejuvenating Yoga Lynette (TKD) | | | 11:00 - 11:50AM Rejuvenating Yoga Sarah C |
| | 11:30 – 12:20PM Fit For Life Lorraine | | 11:30 - 12:20PM Fit For Life Maria | | <p align="center"><u>Kids Club Hours:</u> Mon-Thu: 8:15a-11:30p, 4:15-7:30p Friday: 8:15a-11:30p, 4:15-6:30p Sat/Sun: 7:45a-12:00p</p> <p><i>* Indicates NEW class or INSTRUCTOR CHANGE from previous schedule.</i></p> <p align="center">(TKD) Classes are held in the Tae Kwon Do Studio</p> <p align="center">A minimum of 20 people per class is needed in order to keep a class on the schedule.</p> <p align="center">Effective: 10/22/2018</p> | |
| 4:30 - 5:20PM Ripped Ride Dara | 4:25 – 5:25PM Rejuvenating Yoga Gina | 4:30 – 5:20PM Cardio Fusion Dara | 4:25 – 5:25PM Flow Yoga Debbie | | | |
| 5:30 – 6:20PM Boot Camp Adam | 5:30 – 6:20PM Zumba* Sarah S. | 5:30 – 6:20PM Chisel Sharon | 5:30 – 6:20PM Kickboxing* Kelly | | | |
| 6:30 – 7:20PM Chisel Adam | 6:30 – 7:20PM Cycling* Erica | 6:30 – 7:20PM Zumba* Sarah S | 6:30 – 7:20PM Cycling* Giulianna | | | |
| | | | | | | |

Please adhere to the following class policies to insure a safe, effective and enjoyable workout.

1. Please follow the directions of your instructor.
2. Please explain any medical or orthopedic conditions to the instructor.
3. Be on time, as the warm-up is designed for your safety.
4. Proper athletic shoes must be worn at all times.
5. Please bring water into class, only in an enclosed, unbreakable container.
6. Please return all equipment used in class to its proper storage place.
7. Please refrain from wearing perfume or cologne to any class.