

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:50AM Ripped Ride Allison		6:00 - 6:50AM <b>Chisel</b> Erica		6:00 - 6:50AM Ripped Ride Jennifer		
8:30 - 9:20AM <b>PiYo</b> Allison	8:30 - 9:20AM <b>Cycling</b> Judy	8:30 - 9:20AM <b>Cardio Pump</b> Erica	8:30 - 9:20AM <b>Cycling</b> Dara	8:30 - 9:20AM <b>POUND Fit Fusion</b> Dara	8:00 – 8:50AM <b>Cycling</b> Dara	
	9:30 - 10:30AM <b>Power Pilates</b> Kelly (TKD)	9:30 - 10:20AM <b>Yoga for Athletes</b> Lynette (TKD)		9:30 - 10:30AM <b>Yoga for Athletes</b> Lynette (TKD)	9:00 – 9:50AM <b>Mat Pilates</b> Jessy (TKD)	9:00 - 9:50AM <b>Chisel</b> Sharon
9:30 - 10:20AM <b>Ripped Ride</b> Lynette	9:30 - 10:20AM <b>Step Fusion</b> Lynette	9:30 - 10:20AM <b>Kickboxing</b> Kelly	9:30 - 10:20AM <b>Zumba</b> Jamie	9:30 - 10:20AM <b>Boot Camp</b> Allison	10:00 - 10:50AM <b>Zumba</b> Jamie	10:00 - 10:50AM <b>Ripped Ride</b> Sharon
10:30 - 11:20AM <b>Zumba</b> Teresa	10:30 - 11:20AM <b>Chisel</b> Erica	10:30 - 11:20AM <b>Zumba Gold</b> Jamie	10:30 - 11:20AM <b>Chisel</b> Kelly	10:30 - 11:20AM <b>Cardio Pump</b> Sharon		11:00 - 11:50AM <b>Zumba</b> Melissa
10:30 -11:30PM <b>Rejuvenating Yoga</b> Lynette (TKD)			10:30 -11:30PM <b>Rejuvenating Yoga</b> Lynette (TKD)			11:00 - 11:50AM <b>Rejuvenating Yoga</b> Sarah C
	11:30 – 12:20PM <b>Fit For Life</b> Lorraine		11:30 - 12:20PM <b>Fit For Life</b> Maria		<p align="center"><b><u>Kids Club Hours:</u></b>  <b>Mon-Thu: 8:15a-11:30p, 4:15-7:30p</b>  <b>Friday: 8:15a-11:30p, 4:15-6:30p</b>  <b>Sat/Sun: 7:45a-12:00p</b></p> <p><i>* Indicates NEW class or INSTRUCTOR CHANGE from previous schedule.</i></p> <p align="center"><b>(TKD) Classes are held in the Tae Kwon Do Studio</b></p> <p align="center"><b>A minimum of 20 people per class is needed in order to keep a class on the schedule.</b></p> <p align="center"><b>Effective: 2/18/2019</b></p>	
4:30 - 5:20PM <b>Ripped Ride</b> Dara	4:25 – 5:25PM <b>Rejuvenating Yoga</b> Gina	4:30 – 5:20PM <b>Cardio Fusion</b> Dara	4:25 – 5:25PM <b>Flow Yoga</b> Debbie			
5:30 – 6:20PM <b>Boot Camp</b> Katie*	5:30 – 6:20PM <b>Zumba</b> Sarah S.	5:30 – 6:20PM <b>Chisel</b> Sharon	5:30 – 6:20PM <b>Kickboxing</b> Kelly			
6:30 – 7:20PM <b>Chisel</b> Katie*	6:30 – 7:20PM <b>Cycling</b> Erica	6:30 – 7:20PM <b>Zumba</b> Sarah S	6:30 – 7:20PM <b>Cycling</b> Lori*			

**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.