

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 Erica	8:30 - 9:20AM Cycling Dara	8:30 - 9:20AM POUND Fit Fusion Dara	8:00 – 8:50AM Cycling Dara	
		9:30 - 10:20AM Yoga for Athletes* Lynette (TKD)		9:30 - 10:20AM Yoga for Athletes* Lynette (TKD)	9:00 – 9:50AM Mat Pilates Jessy	9:00 - 9:50AM Chisel Sharon
9:30 - 10:20AM Ripped Ride Lynette	9:30 - 10:30AM Power Pilates* Kelly	9:30 - 10:20AM Kickboxing Kelly	9:30 - 10:20AM Zumba Melissa B	9:30 - 10:20AM Boot Camp Allison	10:00 - 10:50AM Zumba Jamie	10:00 - 10:50AM Zumba* Daniella
10:30 -11:30AM Rejuvenating Yoga Lynette	10:30 - 11:20AM Chisel* Kelly	10:30 - 11:20AM Zumba Gold Jamie	10:30 -11:30AM Rejuvenating Yoga* Lynette	10:30 - 11:20AM Cardio Pump Sharon		11:00 - 11:50AM Rejuvenating Yoga Sarah C
	11:30 – 12:20PM Fit For Life Lorraine		11:30 - 12:20PM Fit For Life Erica		<p align="center"><i>Kids Club Hours:</i> <i>Mon-Thu: 8:15a-11:30p, 4:15-7:30p</i> <i>Friday: 8:15a-11:30p, 4:15-6:30p</i> <i>Sat/Sun: 7:45a-12:00p</i></p> <p align="center"><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: 7/31/2019</p>	
4:30 - 5:20PM Ripped Ride Dara	4:25 – 5:25PM Rejuvenating Yoga Gina	4:30 – 5:20PM Cardio Fusion Dara	4:30 – 5:20PM Zumba* Daniella			
5:30 – 6:20PM Kickboxing* Katie	5:30 – 6:20PM Zumba Sarah S.	5:30 – 6:20PM Chisel Sharon	5:30 – 6:20PM Kickboxing Kelly			
6:30 – 7:20PM Chisel Katie	6:30 – 7:20PM Cycling Erica					

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.