



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15 Power Pedal Cycling* Club RM B/Steve	NEW! 5:30-6:15 Endurance Cycling* Club RM B/Konnie	5:30-6:15 Power Pedal Cycling* Club RM B/Rich	NEW! 5:30-6:15 Endurance Cycling* Club RM B/Konnie			
5:45-6:45 Boot Camp MG/Lisa H	5:45-6:45 Total Body Strength MPR/Steve	5:45-6:45 Boot Camp MG/Lisa H	5:45-6:45 Total Body Strength MPR/Steve	5:45-6:45 Boot Camp FG/Carrie		
5:45-6:45 Yoga* MPR/Heather		5:45-6:45 Yoga* MPR/Heather		5:45-6:45 Yoga* MPR/Heather		
		6:30-7:15 Queenax Circuit* THC/Natalia				
6:30-7:15 Power Pedal Cycling* Club RM B/Rachel		6:30-7:15 Power Pedal Cycling* Club RM B/Steve/Rachel		6:30-7:15 Power Pedal Cycling* Club RM B/Rachel		
7:30-8:00 Express Cycle* Club RM B/Rachel	7:00-8:00 Queenax Body Shop* THC/Traci	7:30-8:00 Express Cycle* Club RM B/Rachel	7:00-8:00 Queenax Body Shop* THC/Traci	7:30-8:00 Express Cycle* Club RM B/Rachel	NEW! 7:30-8:30 Endurance Cycling* Club RM B/Steve	
8:00-8:50 101 Strength/Core/Flexibility MG/Candy	NEW! 7:45-8:45 Essentrics® MPR/Natalia	8:00-8:50 101 Strength/Core/Flexibility MG/Dawni Rae	NEW! 7:45-8:45 Essentrics® MPR/Natalia	8:00-9:00 101 Strength/Core/Flexibility MG/Carrie	7:45-8:45 Metabolic Conditioning MG/Carrie/Raj	
8:30-9:15 Mat Pilates* /MPR/Cindy S		8:30-9:15 Mat Pilates* /MPR/Connie		8:30-9:15 Mat Pilates* /MPR/Connie	8:00-9:00 Intermediate Step /FG/Sarah	
	8:45-9:20 (35 min) H.I.I.T. MG/Amy O		8:45-9:20 (35 min) H.I.I.T. MG/Jodi			
8:30-9:15 All Levels Cycling* Club RM B/Jane	8:45-9:30 All Levels Cycling* Club RM B/Chris		8:45-9:30 All Levels Cycling* Club RM B/Chris	8:30-9:15 All Levels Cycling* Club RM B/Cindy S/Jane	NEW! 8:45-9:30 All Levels Cycling* Club RM B/Diane	
NEW! 9:30-10:20 Body Shop FG/Carrie		NEW! 9:30-10:20 Body Shop FG/Shelby			8:45-9:30 Ballet Barre* MPR/Suzanne	9:30-10:30 Boot Camp FG/Robin A
	9:00-10:00 AOA Floor Aerobics MPR/Candy		9:00-10:00 AOA Floor Aerobics MPR/Candy	NEW! 9:10-9:55 ZUMBA®* FG/Glenna	9:15-10:15 Body Shop FG/Candy	
9:30-10:30 ZUMBA® Gold* MPR/Robyn M	9:30-10:45 (75 Min) Boot Camp MG/Jodi	9:30-10:30 World Dance MPR/Mariana	9:30-10:45 (75 Min) Boot Camp MG/Jodi	9:30-10:45 (75-Min) Body Shop MG/Dawni Rae	9:45-10:30 Yoga Pilates Combo* MPR/Suzanne	
9:30-10:30 Endurance Cycling* Club RM B/Amy O		9:30-10:30 Endurance Cycling* Club RM B/Jodi		9:30-10:30 Endurance Cycling* Club RM B/Rich/Amy O		
9:30-10:15 Mat Pilates CEC/Anelody	9:30-10:30 PiYo™ CEC/Jami	9:30-10:15 Mat Pilates CEC/Candy	9:30-10:30 PiYo™ CEC/Jami	9:30-10:15 Mat Pilates CEC/Anelody	9:00-10:00 ZUMBA® CEC/Amy L.	
		9:30-10:00 Life Fitness Circuit THC/Jen		9:30-10:00 Life Fitness Circuit /THC/Heather S		
10:00-11:00 ZUMBA® /MG/Amy L.		10:00-11:00 ZUMBA® /MG/Emily		10:15-11:00 Queenax Express* THC/Lynette		
10:45-12:00 Yoga* MPR/Suzanne	10:15-11:00 AOA Strength & Stretch MPR/Heather S	10:45-12:00 Yoga* MPR/Jenny F	10:15-11:00 AOA Cardio & Strength MPR/Treva	10:30-11:30 AOA Strength & Stretch MPR/Heather S		10:00-11:15 Yoga* MPR/Cindy C
10:30-11:30 Enhance Fitness® Level II CEC/Kathy		10:30-11:30 Enhance Fitness® Level II CEC/Candy	10:45-11:45 Zumba Toning CEC/Amy	10:30-11:30 Enhance Fitness® Level II CEC/Claire	10:15-11:15 Above The Barre CEC/Sara/Kelly	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NEW! 11:15-12:00 AOA Queenax Functional Fitness * THC/Claire	11:15am-12:00 AOA Strength & Stretch MPR/Heather		11:15am-12:00 AOA Cardio & Strength MPR/Kathy	10:30-11:00 Release and Roll CEC/Anelody		11:30am-12:30 Yoga 101* MPR/Cindy C.
11:45am-12:45 Levels I & II Enhance Fitness® CEC/Teresa	11:15am-12:00 Queenax Circuit * THC/Jen	11:45am-12:45 Levels I & II Enhance Fitness® CEC/Treva		11:45am-12:45 Levels I & II Enhance Fitness® CEC/Claire		NEW! 11:45am-12:30 Tween Titans (8-13) THC/Claire
12:15-1:00 AOA Chair Yoga* MPR/Suzanne	12:15-1:15 101 Cardio & Strength /MPR/Robyn		12:00-1:00 Cardio Jam CEC/Christie	12:00-1:00 Power Yoga* /MPR/Suzanne		
12:15-1:00 Queenax Circuit * THC/Ed	12:30-2:00 Therapeutic Yoga for Multiple Sclerosis and Parkinson's CEC/Elizabeth	12:30-1:30 Queenax Superfunctional Circuit * THC/Nikki	12:15-1:15 Moving For Better Balance See flyer for details			
			12:15-12:45 Express Cycle Club RM B/Geneva			
1:00-2:00 ZUMBA® CEC/Emily	FM free, CM \$60 Next session starts Sept 26, no drop-ins	1:00-2:00 ZUMBA® CEC/Glenna	1:00-1:30 Queenax Express * THC/Geneva	1:00-2:00 ZUMBA® CEC/Amy L		NEW! 1:00-1:45 Girl Power (8-13) THC/Claire
1:15-2:15 Moving For Better Balance See flyer for details	1:30-2:30 Barre Sculpt MPR/Kelly			1:15-2:00 Gentle Yoga* MPR/Suzanne		
2:30-3:30 Moving For Better Balance See flyer for details		2:15-3:15 Tai Chi Chuan Section II MPR/Stefanie		2:30-3:30 Moving For Better Balance See flyer for details	2:15-3:15 Tai Chi Chuan Section II MPR/Stefanie	2:15-3:15 ZUMBA® FG/Varies
3:15-4:15 Pedaling for Parkinson's Club RM B/Rachel B.		3:15-4:15 Pedaling for Parkinson's Club RM B/Rachel		3:15-4:15 Pedaling for Parkinson's Club RM B/Rachel		NEW! 3:30-4:45 Pre/Postnatal Yoga MPR/Jenny
NEW! 4:45-5:30 Family Dance (3+) MPR/Kim	NEW! 5:00-5:45 Girl Power (8-13) THC/Claire	3:30-4:30 Family Yoga /MPR/Heather W				Starts Oct 1 FM free, CM \$160 See flyer for details
	NEW! 6:00-6:45 Tween Titans (8-13) THC/Claire	NEW! 5:00-6:00 REFIT® Club A/Kay	NEW! 5:00-6:00 Power Yoga* Club A/Lynette	NEW! 5:15-6:00 Queenax Express * THC/Glenna		
		5:15-6:00 Queenax Family Fit ages 7+ * THC/Claire				
NEW! 6:00-7:00 Cardio Jam CEC/Amy L/Kim	6:00-7:00 Above The Barre CEC/Kelly	6:15-7:15 Queenax Circuit * THC/Claire	6:00-7:00 Above The Barre CEC/Sara			
NEW! 6:00-7:00 Family TRX®(13+) THC/Rich	6:05-7:05  Body Shop /MG/Lisa C.	NEW! 6:00-6:45 Kickboxing /FG/Robyn M	6:05-7:05  Body Shop /MG/Lisa C.			
	7:15-8:00 Queenax Circuit * THC/Nikki	6:05-7:00 STRONG by ZUMBA® MG/Kelly	7:15-8:15 Queenax Superfunctional Circuit* THC/Nikki			
	7:10-8:10 ZUMBA® CEC/Christie	7:00-7:45 Kids' Dance Jam (7-14) Club A/Kim	7:10-8:10 Cardio Jam CEC/Christie			
7:05-8:00 ZUMBA® MG/Sara	7:15-8:15 Power Yoga * MPR/Heather W	NEW! 7:05-8:00 ZUMBA® MG/Kelly	7:15-8:15 Yoga* MPR/Cindy			
	8:30-9:30 Yin Yoga* MPR/Heather W					

GROUP EXERCISE CLASS GUIDELINES

- Arrive on time for classes.
- Please turn off phones while in class.
- Please wear proper attire and footwear. Shoes **required** in most classes. Check with instructor.
- Youth 8-13 may attend with a supervising adult, if they are able to follow class structure and instructions.
- Class schedules and instructors are subject to change. We appreciate your flexibility and apologize for any inconvenience.