

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	Power Pedal Cycling Studio 5:00-5:45				Power Pedal Cycling Studio 5:00-5:45		
6:00	Power Pedal Cycling Studio 6:00-6:45		Power Pedal Cycling Studio 6:00-6:45		Power Pedal Cycling Studio 6:00-6:45		
	All Levels Yoga Reflection Room 6:00-7:00		All Levels Yoga Reflection Room 6:00-7:00		All Levels Reflection Room 6:00-7:00		
6:15	Adult Recess Group Wellness Studio 6:15-7:15		Adult Recess Group Wellness Studio 6:15-7:15	Adult Recess (Strength & Agility) Group Wellness Studio 6:15-7:15	Adult Recess Group Wellness Studio 6:15-7:15		
8:00	Aqua Fitness Pool 8:00-9:00	Advanced Aqua Core Pool 8:00 - 9:00	Aqua Fitness Pool 8:00-9:00	Advanced Aqua Core Pool 8:00 - 9:00	Aqua Fitness Pool 8:00-9:00	Aqua Fitness Pool 8:00-9:00	
8:15	All Levels Yoga Reflection Room 8:15-9:30	Pilates Mat Reflection Room 8:15-9:15	All Levels Yoga Reflection Room 8:15-9:30	Pilates Mat Reflection Room 8:15-9:15	All Levels Yoga Reflection Room 8:15-9:30	FUNctional Fitness Gym 8:15-9:30	
	All Levels Cycle Cycling Studio 8:15-9:00	(AOA) Cardio Dance & Flexibility Group Wellness Studio 8:15-9:15	All Levels Cycle Cycling Studio 8:15-9:00	(AOA) Cardio Dance & Flexibility Group Wellness Studio 8:15-9:15	All Levels Cycle Cycling Studio 8:15-9:00		
	(AOA) Enhance® Fitness Group Wellness Studio 8:15-9:15	Meditation Family Wellness Studio 8:15-9:00	(AOA) Enhance® Fitness Group Wellness Studio 8:15-9:15		(AOA) Enhance® Fitness Group Wellness Studio 8:30-9:30		
8:30						All Levels Cycle Cycling Studio 8:45-9:45	
9:00	Aqua Fitness Pool 9:00-10:00	Aqua Fitness Pool 9:00-10:00	Aqua Fitness Pool 9:00-10:00	Aqua Fitness Pool 9:00-10:00	Aqua Fitness Pool 9:00-10:00	Zumba® Group Wellness Studio 9:00-10:00	
9:15						Hatha Flow Yoga Reflection Room 9:15-10:30	Above the Barre Group Wellness Studio 9:15-10:15
9:30	Turbo Kick® Group Wellness Studio 9:30-10:30	Above the Barre Group Wellness Studio 9:30-10:30	Step Group Wellness Studio 9:30-10:30	Above the Barre Group Wellness Studio 9:30-10:30	Step Group Wellness Studio 9:30-10:30		
9:30	Endurance Cycle Cycling Studio 9:30-10:30	All Levels Cycle Cycling Studio 9:30-10:15	Endurance Cycle Cycling Studio 9:30-10:30	All Levels Cycle Cycling Studio 9:30-10:15	Endurance Cycle Cycling Studio 9:30-10:30		
	High Fitness Family Wellness Studio 9:30 - 10:30	Pilates Mat Reflection Room 9:30-10:30	Zumba Toning Family Wellness Studio 9:30 - 10:30	Pilates Mat Reflection Room 9:30-10:30			
		Boot Camp Gym 9:30-10:30		Boot Camp Gym 9:30-10:30			
		Group TRX/Strength Family Wellness Studio 9:30—10:30		Group TRX/Strength Family Wellness Studio 9:30—10:30			
9:45	All Levels Yoga Reflection Room 9:45-11:00		All Levels Yoga Reflection Room 9:45-11:00		All Levels Yoga Reflection Room 9:45-11:00		
	Family Yoga Family Wellness Studio 9:45-10:45				Family Yoga Family Wellness Studio 9:45-10:45		
10:00	Low Impact Dance Fitness Gym 10:00-11:00		Low Impact Dance Fitness Gym 10:00-11:00		Low Impact Dance Fitness Gym 10:00-11:00		
10:15						Turbo Kick® Group Wellness Studio 10:15-11:15	All Levels Yoga Reflection Room 10:15-11:30
10:30	TRX/Blast Family Wellness Studio 10:45 - 11:30	*Prenatal Yoga Series Family Wellness Studio 10:45 - 11:45	TRX/Blast Family Wellness Studio 10:45 - 11:30		Express Strength Group Wellness Studio 10:30 - 11:00		Turbo Kick® Group Wellness Studio 10:30-11:30
10:45	(AOA) Strength & Conditioning Group Wellness Studio 10:45-11:30	(AOA) Strength & Conditioning Group Wellness Studio 10:45-11:30	(AOA) Strength & Conditioning Group Wellness Studio 10:45-11:30	(AOA) Strength & Conditioning Group Wellness Studio 10:45-11:30	Chair Yoga Family Wellness Studio 10:45-11:30	Pilates Mat Reflection Room 10:45-11:45	
	*Pedaling for Parkinsons Cycling Studio 10:45-11:45	Yoga for Special Conditions Reflection Room 10:45-11:45	*Pedaling for Parkinsons Cycling Studio 10:45-11:45	Yoga for Special Conditions Reflection Room 10:45-11:45	*Pedaling for Parkinsons Cycling Studio 10:45-11:45		

PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00				Feldenkrais Family Wellness Studio 11:00 - 12:00	Chair Yoga Family Wellness Studio 11:00 - 12:00		
11:30						Boot Camp Group Wellness Studio 11:30 - 12:30	Express Strength/Core Group Wellness Studio 11:30-12:00
11:45	Dance Fitness Group Wellness Studio 11:45-12:45	Line Dance Group Wellness Studio 11:45-12:45	Dance Fitness Group Wellness Studio 11:45-12:45	Line Dance Group Wellness Studio 11:45-12:45	Dance Fitness Group Wellness Studio 11:45-12:45		
12:00	Intermediate/ Advanced Vinyasa Yoga Reflection Room 12:00-1:15	All Levels Yoga Reflection Room 12:00-1:15	Intermediate/ Advanced Vinyasa Yoga Reflection Room 12:00-1:15	All Levels Yoga Reflection Room 12:00-1:15	Intermediate/ Advanced Vinyasa Yoga Reflection Room 12:00-1:15		
	Arthritis & Injury Pool 12:00-1:00	Arthritis & Injury Pool 12:00-1:00	Arthritis & Injury Pool 12:00-1:00	Arthritis & Injury Pool 12:00-1:00	Arthritis & Injury Pool 12:00-1:00		
	All Levels Cycle Cycling Studio 12:00-12:45		All Levels Cycle Cycling Studio 12:00-12:45		All Levels Cycle Cycling Studio 12:00-12:45		
1:00	Tai Chi Family Wellness Studio 1:00-2:00		Tai Chi Family Wellness Studio 1:00-2:00		Movement for Better Balance Family Wellness Studio 1:00-2:00		
2:00		*LIVESTRONG at the Y Group Wellness Studio 2:00 -3:30	Chair Yoga Family Wellness Studio 2:15 - 3:15	*LIVESTRONG at the Y Group Wellness Studio 2:00 -3:30			
3:00							Yoga for Beginners Reflection Room 3:00 - 4:00
4:15					Pilates Mat Reflection Room 4:15-5:15		All Levels Yoga Reflection Room 4:15-5:30
4:45		Above the Barre Group Wellness Studio 4:45-5:30		Above the Barre Group Wellness Studio 4:45-5:30			
5:00	HIIT Group Wellness Studio 5:00-5:30	Gentle Yoga Reflection Room 5:00-6:15	HIIT Group Wellness Studio 5:00-5:30	Gentle Yoga Reflection Room 5:00-6:15	HIIT Group Wellness Studio 5:00-5:30		
5:30	All Levels Yoga Reflection Room 5:30 - 6:45		All Levels Yoga Reflection Room 5:30 - 6:45		All Levels Yoga Reflection Room 5:30 - 6:45		
	All Levels Cycling Cycling Studio 5:30-6:30		All Levels Cycling Cycling Studio 5:30-6:15		TRX/Boot Camp Family Wellness Studio 5:45 - 6:30		
5:45	Strength and Conditioning Group Wellness Studio 5:45-6:45	Strength and Conditioning Group Wellness Studio 5:45-6:45	Step Group Wellness Studio 5:45-6:45	Strength and Conditioning Group Wellness Studio 5:45-6:45	Step Circuit 101 Group Wellness Studio 5:45-6:45		
6:00		All Levels Cycling Cycling Studio 6:00-7:00		All Levels Cycling Cycling Studio 6:00-7:00			
6:30		Yoga Flow Reflection Room 6:30-7:45		All Levels Yoga Reflection Room 6:30-7:45			
6:45	Aqua Fitness Pool 6:45-7:45		Aqua Fitness Pool 6:45-7:45				
			Open Ride Time Cycling Studio 6:45-7:45				
7:00	Zumba® Group Wellness Studio 7:00 - 8:00	Turbo Kick® Group Wellness Studio 7:00-8:00	Zumba® Group Wellness Studio 7:00 - 8:00	Red Hot Dance Fitness Group Wellness Studio 7:00-8:00	Zumba® Group Wellness Studio 7:00-8:00		
	Yoga Core Reflection Room 7:00-8:00		Pilates Mat Reflection Room 7:15-8:00				
8:00		Restorative Yoga Reflection Room 8:00-9:00		Yoga Fusion Reflection Room 8:00-9:00			
		Express Strength Group Wellness Studio 8:00 - 8:30					