



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:30-6:15 Cycle Power Pedal* Club RM B/Steve	5:30-6:15 Cycle Endurance* Club RM B/Konnie	5:30-6:15 Cycle Power Pedal* Club RM B/Rich	5:30-6:15 Cycle Endurance* Club RM B/Konnie		<div style="background-color: #800080; color: white; padding: 10px; text-align: center;"> SCHEDULE EFFECTIVE January 1, 2018 </div>		
5:45-6:45 Boot Camp MG/Lisa H	5:30-6:30 Total Body Strength MPR/Steve	5:45-6:45 Boot Camp MG/Lisa H	5:30-6:30 Total Body Strength MG/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 QX Express* THC/Natalia					
6:30-7:15 Cycle Power Pedal* Club RM B/Rachel		6:30-7:15 Cycle Power Pedal* Club RM B/Steve/Rachel		6:30-7:15 Cycle Power Pedal* Club RM B/Rachel			
7:30-8:00 Cycle 30* Club RM B/Rachel	7:00-8:00 QX Body Shop* THC/Traci	7:30-8:00 Cycle 30* Club RM B/Rachel	7:00-8:00 Body Shop  FG/Traci	7:30-8:00 Cycle 30* Club RM B/Rachel			7:30-8:30 Cycle Endurance* Club RM B/Steve
8:00-9:00 101 Strength/Core/Flexibility MG/Candy	7:45-8:45 Essentrics® MPR/Natalia	8:00-9:00 101 Strength/Core/Flexibility MG/Dawni Rae	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 Cycle All Levels* Club RM B/Jane	8:45-9:30 Cycle All Levels* Club RM B/Chris		8:45-9:30 Cycle All Levels* Club RM B/Chris	8:30-9:15 Cycle All Levels* Club RM B/Cindy S/Jane			8:45-9:30 Cycle All Levels* Club RM B/Diane
9:30-10:20  Body Shop FG/Carrie		9:30-10:20  Body Shop FG/Shelby			8:45-9:30 Ballet Barre* MPR/Suzanne		
	9:00-10:00 AOA Cardio* MPR/Candy		9:00-10:00 AOA Cardio* MPR/Candy	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 Boot Camp FG/Robin A	
9:30-10:30 Cycle Endurance* Club RM B/Amy O		9:30-10:30 Cycle Endurance* Club RM B/Jodi		9:30-10:30 Cycle Endurance* 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	 10:45-11:45 Meditation Club RM A/Madhu		
10:00-11:00 ZUMBA® /MG/Amy L.		10:00-11:00 ZUMBA® /MG/Kelly/Christie				10:00-11:15 Yoga* MPR/Cindy C	
	10:15-11:00 AOA Strength & Stretch MPR/Heather S		10:15-11:00 AOA Cardio & Strength MPR/Treva	10:15-11:00 QX Express* THC/Lynette	Starts Jan 20		
10:45-12:00 Yoga* MPR/Suzanne	 10:45-11:45 Cardio Jam CEC/Christie	10:45-12:00 Yoga* MPR/Jenny F	10:45-11:45 Zumba Toning CEC/Amy	10:30-11:30 AOA Strength & Stretch MPR/Heather S	10:15-11:15 Above The Barre CEC/Sara/Kelly		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:15-12:00 AOA Queenax Functional Fitness* THC/Claire	11:15am-12:00 AOA Strength & Stretch MPR/Heather	NEW! 11:00-12:00 ZUMBA®Gold* Club RM A/Robyn M	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.
11:15-12:15 Levels I & II Enhance Fitness® CEC/Kathy	11:15am-12:00 QX Express* THC/Jen	11:15-12:15 Levels I & II Enhance Fitness® CEC/Candy/Treva	11:15am-12:00 QX Express* THC/Jen	11:15-12:15 Levels I & II Enhance Fitness® CEC/Claire		NEW! 11:30-12:30 Pre/Postnatal Yoga /MPR/Jenny FM free, CM \$160 8-week sessions Runs 1/7-2/25
12:15-1:00 AOA Chair Yoga* MPR/Suzanne	12:15-1:15 101 Cardio & Strength /MPR/Robyn			12:00-1:00 Power Yoga* /MPR/Suzanne		
12:15-1:00 QX Express* THC/Jen	12:30-2:00 Therapeutic Yoga for Multiple Sclerosis and Parkinson's CEC/Elizabeth Starts Jan 16 FM free, CM \$65 6-week sessions	12:15-1:00 QX Express* THC/Jen/Robyn M	12:15-1:15 Moving For Better Balance See flyer for details			NEW! 11:45-12:45 ZUMBA® FG/Varies
NEW! 12:30-1:30 ZUMBA® CEC/Kay		NEW! 12:30-1:30 ZUMBA® CEC/Glenna	12:15-1:15 Cycle Circuit* Club RM B/Geneva	NEW! 12:30-1:30 ZUMBA® CEC/Christie		11:45am-12:30 QX Tween Titans Fitness* (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 2nd Section MPR/Stefanie		2:30-3:30 Moving For Better Balance See flyer for details		2:15-3:15 Tai Chi 2nd Section MPR/Stefanie
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		
4:45-5:30 Family Dance (5+) MPR/Kim		3:30-4:30 Family Yoga /MPR/Robin A				
	5:00-5:45 Tween Girls Fitness* (8-13) /RB 2/Claire	NEW! 5:15-6:00 QX Family Fit (7+)* THC/Claire	5:00-6:00 Power Yoga* Club A/Lynette	5:15-6:00 QX Express* THC/Glenna		
5:55-6:55 Boot Camp MPR/Carrie	6:00-6:45 Tween Titans Fitness* (8-13) /RB 2/Claire					
	6:00-7:00 Above The Barre /CEC/Kelly	6:15-7:15 QX Circuit* THC/Claire	6:00-7:00 Above The Barre /CEC/Kelly			
6:00-7:00 Family TRX®(13+)* THC/Rich	6:05-7:05 Body Shop /MG/Lisa C. 	6:00-6:45 Cardio Kickboxing /FG/Robyn M	6:05-7:05 Body Shop /MG/Lisa C. 			
6:00-7:00 Cycle Endurance* Club RM B/Geneva	7:15-8:00 QX Express* THC/Nikki	6:05-7:00 STRONG by ZUMBA® MG/Kelly	7:15-8:00 QX Express* THC/Nikki	7:00-8:00 World Dance Club A/Mariana		
	7:10-8:10 ZUMBA® CEC/Christie	7:00-8:00 Kids' Dance Beatz (7-13) /Club A/Kim	7:10-8:10 Cardio Jam CEC/Christie			
7:05-8:00 ZUMBA® MG/Sara	7:15-8:15 Power Yoga* Club A/Jenny	7:05-8:00 ZUMBA® MG/Kelly	7:15-8:15 Yoga* Club A/Cindy			
	8:30-9:30 Restorative Yoga* Club A/Preeti	7:30-8:15 QX Express THC/Amy L. NEW!				

GROUP EXERCISE CLASS GUIDELINES

- Arrive on time for classes. Early is better.
- 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 without notice.** We appreciate your flexibility and apologize for any inconvenience.