



JUNE 1-16

MULTIPURPOSE ROOM - MORNING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5		STRONG by ZUMBA® 5:20 - 6:20AM		TRX® 5:20 - 6:05AM	STRONG by ZUMBA® 5:20 - 6:20AM		
6							
7	YOGA 7:30 - 8:30AM						
8						ZUMBA® 8:00 - 8:55AM	
9	KIDS ZONE GROUP GAMES 9:00 - 9:45AM	VINYASA YOGA 9:00 - 10:00AM	YOGA 9:15 - 10:10AM	VINYASA YOGA 9:00 - 10:00AM	DANCE FITNESS 9:15 - 10:10AM	VINYASA YOGA 9:15 - 10:30AM	
10	ZUMBA® 10:10 - 11:05AM	YOGA 10:05 - 11:05AM	TRX® H.I.I.T. 10:20 - 11:05AM MP or Outside	YOGA 10:05 - 11:05AM	TRX® 10:20 - 11:05AM		
11	ENHANCE FITNESS 11:15AM - 12:15PM	ZUMBA® GOLD 11:15AM - 12:15PM	ENHANCE FITNESS 11:15AM - 12:15PM	ZUMBA® GOLD 11:15AM - 12:15PM	ENHANCE FITNESS 11:15AM - 12:15PM	FAMILY YOGA * 10:45 - 11:15AM	



AFTERNOON SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12							
12:30		BARBELL PUMP 12:30 - 1:25PM	CORE STRENGTH 12:30 - 1:25PM	BARBELL PUMP 12:30 - 1:25PM			
1							
1:30							
2							
2:30							
3							
3:30		KIDS U 3:30 - 4:30PM		KIDS U 3:30 - 4:30PM			
4			KIDS U 3:30 - 5:15PM		KIDS U 3:30 - 5:15PM		
4:30							
5							
5:30		ZUMBA® 5:30 - 6:30PM	STRONG 30® 5:30 - 6:00PM	ZUMBA® 5:50 - 6:50PM			
6			POUND® 6:05 - 6:50PM				
6:30							
7	TAI CHI 7:00 - 8:00PM	YOGA 7:00 - 8:15PM	DANCE FITNESS 7:00 - 8:00PM				
7:30							
8							
8:30							

During open times on the schedule, members are free to use the room space for independent activities.

TRX® classes are limited to 10 participants. Please sign in at the front desk to guarantee a spot.

* **FAMILY YOGA** is offered the first Saturday of the month. June 1.

Updated 4.30.2019