



MONDAY:

8:30 A.M. - HIIT/JOSH
9:55 A.M. - SILVER SNEAKERS/MARIA
11:00 A.M. - SILVER SNEAKERS/MARIA
4:30 P.M. - SPIN INDOOR CYCLING
4:40 P.M. - STRONG BODY/DAWN
5:45 P.M. - HIIT/DARRELL
6:50 P.M. - ZUMBA/JOSE

TUESDAY:

9:30 A.M. - YOGA/LYNN
4:45 P.M. - PILATES/DAWN
6:00 P.M. - STRONG BODY/MELISSA
6:00 P.M. - SPIN INDOOR CYCLING

WEDNESDAY:

5:00 A.M. - SPIN INDOOR CYCLING
8:30 A.M. - HIIT/JOSH
9:50 A.M. - SILVER SNEAKERS/MARIA
11:00 A.M. - SILVER SNEAKERS/MARIA
4:30 P.M. - SPIN INDOOR CYCLING
4:40 P.M. - STRONG BODY/ BRENDA
5:45 P.M. - HIIT/DARRELL

THURSDAY:

8:30 A.M. - HIIT/JOSH
9:30 A.M. - YOGA/LYNN
5:30 P.M. - STEP AND PUMP/BRENDA
6:00 P.M. - SPIN INDOOR CYCLING

FRIDAY:

11:00 A.M. - SILVER SNEAKERS/MARIA

SATURDAY:

8:00 A.M. - SPIN INDOOR CYCLING
8:30 A.M. - HIIT/DARRELL
9:30 A.M. - STEP AND PUMP/MELISSA

SUNDAY:

2:00 P.M. - ZUMBA CLASS/JOSE