



**MONDAY:**

**8:30 A.M. - HITT/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/DAWN**  
**5:35 P.M. - HITT/JOSH**  
**6:30 P.M. - SPIN INDOOR CYCLING**  
**6:30 P.M. - ZUMBA CLASS/JOSE**  
**7:30 P.M. - YOGA CLASS/LYNN**

**TUESDAY:**

**9:30 A.M. - YOGA/LYNN**  
**4:45 P.M. - PILATES/DAWN**  
**5:30 P.M. - SPIN INDOOR CYCLING**  
**6:00 P.M. - RIPPED/MELISSA**

**WEDNESDAY:**

**5:00 A.M. - SPIN INDOOR CYCLING**  
**8:30 A.M. - HITT/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/ DAWN**  
**5:35 P.M. - HITT/DARRELL**

**THURSDAY:**

**8:30 A.M. - HITT/JOSH**  
**9:30 A.M. - YOGA/LYNN**  
**5:00 P.M. - STEP/BRENDA**  
**5:30 P.M. - SPIN INDOOR CYCLING**  
**6:00 P.M. - RIPPED/MELISSA**

**FRIDAY:**

**8:15 A.M. - SPIN INDOOR CYCLING**  
**11:00 A.M. - SILVER SNEAKERS/MARIA**

**SATURDAY:**

**8:00 A.M. - SPIN INDOOR CYCLING**  
**8:30 A.M. - HITT/DARRELL**  
**9:30 A.M. - STEP W/MELISSA**  
**10:30 A.M. - STRONG BODY/BRENDA**

**SUNDAY:**

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