



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

**6 a.m.**  
Indoor Cycling\*  
(Zena)

**7 a.m.**  
Yoga (Joyce)

**8:15 a.m.**  
Strength/Core  
30 mins (Joyce)

**8:45 a.m.**  
Step Express  
(Merlynn)

**9:15 a.m.**  
Aquacize (Kellie)

**9:30 a.m.**  
Cycle/Core  
(Merlynn)

**10:45 a.m.**  
Smartbell/Core  
(Debbie)

**1 p.m.**  
Intro to Yoga  
75 mins  
(El)

**5 p.m.**  
Zumba (Lili)

**6 p.m.**  
Indoor Cycling\*  
(Michelle)

**7 p.m.**  
Yoga (Melanie)

**5:45 a.m.**  
Indoor Cycling\*  
(Mike)

**6:45 a.m.**  
Yoga  
(Didier)

**8:15 a.m.**  
Strength Training  
(Debbie)

**9:15 a.m.**  
Water Sculpt  
(Georgia)

**9:15 a.m.**  
Step/BOSU  
(Amy D.)

**10:30 a.m.**  
Pilates (Debbie)

**Noon**  
Indoor Cycling\*  
45 mins  
(Merlynn)

**6 p.m.**  
Strength/Core  
Conditioning  
(Crystal)

**6 a.m.**  
Indoor Cycling\*  
(Elizabeth)

**7 a.m.**  
Yoga  
(Didier)

**8:30 a.m.**  
Zumba (Lili)

**9:15 a.m.**  
Aquacize  
(Kellie)

**9:30 a.m.**  
Indoor Cycling\*  
(Susan)

**10:30 a.m.**  
Strength Training  
(Debbie)

**6 p.m.**  
Indoor Cycle\*  
45 mins  
(Crystal)

**7 p.m.**  
Yoga  
(Melanie)

**5:45 a.m.**  
Indoor Cycling\*  
(Mike)

**6:45 a.m.**  
Yoga on the Ball  
(Marla)

**8:15 a.m.**  
Yogalates  
(Debbie)

**9:15 a.m.**  
Water Sculpt  
(Georgia)

**9:15 a.m.**  
20 / 20 / 20  
(Heather)

**10:30 a.m.**  
Core Strength  
& Flexibility  
75 mins  
(Marla)

**Noon**  
Cycle\*  
45 mins  
(Colleen)

**1 p.m.**  
Back to Basics  
Yoga  
75 mins (El)

**6 p.m.**  
Cardio Circuit  
60 mins  
(Heather)

**6 a.m.**  
Indoor Cycling\*  
(Zena)

**7 a.m.**  
Yoga  
(Debbie)

**8 a.m.**  
Zumba  
(Gail)

**9:15 a.m.**  
Aquacize  
(Linda)

**9:15 a.m.**  
Indoor Cycle\*  
60 mins  
(Crystal)

**10:30 a.m.**  
Strength Training  
(Cathy)

**11:30 a.m.**  
Stretch  
45 mins  
(Debbie)

**7:15 a.m.**  
Cycle\*  
(Crystal)

**8:15 a.m.**  
Yoga Express  
50 mins  
(Debbie)

**9:15 a.m.**  
Cardio Strength  
Training  
60 mins (Kim)

**9:30 a.m.**  
Aquacize  
(Joyce)

**10:30 a.m.**  
Pilates  
60 mins  
(Debbie)

### SUNDAY

**9 a.m.**  
Sports Circuit  
(Kim)

**10:30 a.m.**  
Cycle/Core\*  
75 mins  
(Jill / Terri)

*\*Bike reservation  
required*

\* All Indoor Cycling classes require a reservation. Please call at least 24 hours in advance. 273-9600  
To cancel, you must call at least one hour prior to the class. First-time indoor cyclists, please arrive 10 minutes early for orientation.