



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m. Cycle* (Zena)	5:45 a.m. Indoor Cycling* (Mike)	6 a.m. Indoor Cycling* (Elizabeth)	5:45 a.m. Indoor Cycling* (Mike)	6 a.m. Indoor Cycling* (Zena)	7:15 a.m. Cycle* (Crystal)
7 a.m. Yoga (Joyce)	6:45 a.m. Yoga (Didier)	7 a.m. Yoga (Didier)	6:45 a.m. Yoga on the Ball (Marla)	7 a.m. Yoga (Debbie)	8:15 a.m. Yoga Express 50 mins (Amy)
8:15 a.m. Cardio / Circuit 60 mins (Cathy)	8:15 a.m. Strength Training (Debbie)	8:30 a.m. Zumba (Lili)	8:15 a.m. Yogalates (Debbie)	8:45 a.m. Strength/Core Express 30 mins (Crystal)	9:15 a.m. Cardio Strength Training 60 mins (Kim)
8:45 a.m. Water Jog (Kellie)	9:15 a.m. Step/BOSU (Amy D.)	8:45 a.m. Water Jog (Kellie)	9:15 a.m. 20 / 20 / 20 (Debbie)	8:45 am Smart Jog/Yoga (Linda)	9:15 a.m. Aquacize (Joyce)
9:30 a.m. Cycle/Core (Merlynn)	9:30 a.m. Water Sculpt (Georgia)	9:30 a.m. Aquacize (Kellie)	9:30 a.m. Water Sculpt (Georgia)	NEW 9:15 a.m. Indoor Cycle* 60 mins (Crystal)	10:30 a.m. Pilates 60 mins (Debbie)
9:30 a.m. Aquacize (Kellie)	10:30 a.m. Pilates (Debbie)	9:30 a.m. Indoor Cycling* (Susan)	10:30 a.m. Core Strength & Flexibility 75 mins (Marla)	9:30 a.m. Aquacize (Linda)	
10:45 a.m. Smartbell/Core (Debbie)	5:30 p.m. Aquacize (Joyce)	10:30 a.m. Strength Training (Debbie)	1 p.m. Back to Basics Yoga 75 mins (El)	10:30 a.m. Strength Training (Cathy)	
1 p.m. Intro to Yoga 75 mins (El)	5:45 p.m. Strength/Core Conditioning (Crystal)	5:45 p.m. Cycle / Core* (Mike)	5:30 p.m. Aquacize (Marjie)		SUNDAY
5 p.m. Zumba (Lili)	7 p.m. Gentle Yoga Flow (Debbie)	7 p.m. Yoga (Melanie)	6 p.m. Cycle / Strength (David)		9 a.m. Sports Circuit (Robin/Kim)
6 p.m. Indoor Cycling* (Michelle)					9:30 a.m. Beach Yoga (Debbie)
7 p.m. Yoga (Melanie)					10:30 a.m. Indoor Cycling* 60 mins (Jill / Michelle)

*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.



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7 a.m. Yoga (Joyce)	6:45 a.m. Yoga (Didier)	7 a.m. Yoga (Didier)	6:45 a.m. Yoga on the Ball (Marla)	7 a.m. Yoga (Debbie)	8:15 a.m. Yoga Express 50 mins (Amy)
8:15 a.m. Step Circuit 60 mins (Cathy)	8:15 a.m. Strength Training (Debbie)	8:30 a.m. Zumba (Lili)	8:15 a.m. Yogalates (Debbie)	8:45 a.m. Strength/Core Express 30 mins (Crystal)	9:15 a.m. Cardio Strength Training 60 mins (Kim)
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9:30 a.m. Aquacize (Kellie)	10:30 a.m. Pilates (Debbie)	9:30 a.m. Indoor Cycling* (Susan)	10:30 a.m. Core Strength & Flexibility 75 mins (Marla)	10:30 a.m. Strength Training (Cathy)	
10:45 a.m. Smartbell/Core (Debbie)	3 p.m. Tai Chi	10:30 a.m. Strength Training (Debbie)	1 p.m. Back to Basics Yoga 75 mins (El)		
1 p.m. Intro to Yoga 75 mins (El)	5:45 p.m. Strength/Core Conditioning (Crystal)	5:45 p.m. Cycle / Core* (Mike)			
5 p.m. Zumba (Lili)	7 p.m. Gentle Yoga Flow (Debbie)	7 p.m. Yoga (Melanie)	6 p.m. Cycle / Strength (David)		
6 p.m. Indoor Cycling* (Michelle)					
7 p.m. Yoga (Melanie)					
					SUNDAY
					9 a.m. Sports Circuit (Robin/Kim)
					9:30 a.m. Beach Yoga (Debbie)
					10:30 a.m. Indoor Cycling* 60 mins (Jill / Michelle)
					<i>*Bike reservation required</i>
		Monday, September 6 — Labor Day Gym will be open from 7 a.m.–9 p.m.			
		Fitness Classes offered on Labor Day: 7:15 a.m. Cycle (45 mins) with Debbie 8:15 a.m. Interval Training (1-hour) with Cathy			

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