

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-7:00 am SUNRISE YOGA		6:00-7:00 am SUNRISE YOGA		6:00-7:00 am PILATES	8:30-9:25 am MWF – FIT BOOT CAMP \$5 per person Trainers will rotate
		7:15-8:00am CHAIR PILATES		7:15-8:00 am CORE & MORE	8:30 – 10:00 am HOT YOGA - \$15 Twice monthly Registration Required
8:15-9:10 am FIT FOR LIFE	8:30-9:25 am STRENGTH	8:15-9:10 am FIT FOR LIFE	8:30-9:25 am STRENGTH	8:15-9:10 am FIT FOR LIFE	9:30-10:30 am Alt between U-JAM and ZUMBA
9:15-10:10 am ZUMBA	9:30-10:10 am CORE CONDITIONING	9:15-10:10 am TOTAL CONDITIONING	9:30-10:10 am CORE CONDITIONING	9:15-10:25 am CORE FLOW YOGA	
10:15-11:10 am SS – CARDIO CIRCUIT	10:15-11:15 am SS –MS ROM	10:15-11:10 am CHAIR YOGA	10:15-11:15 SS –MS ROM	10:30-11:30 am CHAIR YOGA	9:00 – 10:15 am YOGA Twice monthly Class held in Community classroom
11:15-12:30 pm YOGA ALIVE	11:15am-12:15 am SS – MSROM	11:15-12:30 pm POWER YOGA	11:15am-12:15am SS – CARDIO CIRCUIT		
		3:30-4:40 pm WELLNESS YOGA	3:30-4:20 TOTAL COND	4:30-5:30 pm ZUMBA TONING	Akido - These classes will be held in our community classroom. Wednesdays & Fridays 5:30-7:00 pm & Saturdays 11:30-12:30 pm
4:30-5:25 pm STEP	4:30-5:30 pm YOGA	4:45-5:25 pm STRENGTH	4:30-5:20 pm STRENGTH		
5:30-6:25 pm DANCE CLUB	5:35-6:30 pm CARDIO SCULPT	5:30-6:25 pm ZUMBA	5:35-6:30 pm U-JAM	CHILD CARE HOURS Mon – Fri 7:30 am – 12:00 pm & 3:00 pm – 7:30 pm Sat 8:00 am - 12:00 pm Sun No Child Care Ages 8 weeks – 12 years 1 ½ hour limit in Child Care	
6:30-7:45 pm YOGA –		6:30-7:45 pm YOGA -			